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# USGF GYMNASTICS

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Kathy Johnson is now Doctor Georgia and holder with Kim and Henry Cook of the Atlanta School of Gymnastics. Kathy is the under member of the Women's USA National Team, having been on the team for the last seven years. Her gymnastics competitive career highlights include: 1977 American Cup Champion, 1978 Champion of the USA, 1979 World Championships bronze medal in floor exercise and 1980 USA Olympian. Kathy's interview begins on page 18.

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**USGF EDITORIAL**

**LI-T-I-GIOUS**

**RIKER COUNCIL**

**L**igious as defined in the dictionary means "inclined to judicial content, subject to or involved in dispute as law, or pertaining to litigation." Used in a sentence — "Today we are living in a litigious society." Another sentence, "Situations surrounding poorly organized and supervised gymnastics meets can be quite litigious."

We are in a sport not unlike all other sports that can have conditions that are, indeed, quite litigious. In a sport prone to litigation or lawsuits, as is gymnastics, there are ideal situations and situations which are not so ideal where competitors are concerned. The sport of gymnastics in light of an increasingly litigious attitude on the part of the population will need to concern itself to an even greater degree with exercising stringent standards of care with regard to athletic arena, practice environment, and the competition environment. In order to do this, the system which has been heretofore acceptable may no longer be acceptable with regard to evaluation of the aforementioned factors — safety.

Who is to make this evaluation? This, of course, is one of the biggest issues that face the USGF. Obviously we do not have the staff nor the funding to travel around to the many many USGF meets at all levels that occur in the United States, and make the necessary evaluations to issue a high standard of safe competition.

Should the meet host make the evaluation? Should the meet manager make this evaluation? The answer is probably "no" inasmuch as the meet manager can be biased in this department. The meet manager is often the owner of the gym and the owner of the equipment and is quite desirous of putting on a competition for whatever reason. For this reason, that desire to put on a competition could conceivably make the meet manager biased with regard to not seeing a frayed cable that should be seen, a loose plate that should be tightened, a bar nut that has a slight crack in it or any of the many other situations that could occur in a gym. Who then should make the evaluation? It is my personal opinion the logical choice would be the designated head judge at all USGF competitions.

In other words, the judge should do more than judge performance. The judge should help assure that the environment is conducive to that performance, which is another way to say a safe environment. This means the judge would need to consider many new factors, factors that do not surround the actual technical aspects of a gymnastics performance. These factors would be evaluations of the competitive environment with regard to complying to the specifications set forth in the USGF Equipment Policy, the temperature in the gym, whether or not fire exits are marked, the legal allowable occupancy of the gym in which the competition is taking place, traffic patterns on the floor to the various pieces of apparatus as well as judgments with regards to the readiness of an athlete to continue after a bad fall and the readiness of the athlete to compete at the beginning of a meet if there are obvious physical deterrents to a safe gymnastics performance in name several factors. These are all non-technical competitive matters, but matters which require judgement and which must be enforced by a responsible party to ensure a reasonable standard of care by the United States Gymnastics Federation with regard to its gymnastics competitions.

The main effect of this change, this increase of responsibilities of the head judge, would be to ensure less likelihood of injuries, lower insurance claims and less lost time on the part of the athletes with regard to having a plausible educational experience in their exposure to gymnastics.

How can this philosophy be effected? It is going to take policies on the part of various individuals and judges associations with regard to what judges do when they accept a position as head judge at a USGF sanctioned competition. In this way the USGF will be directing its legal and educational responsibility in exercising reasonable standards of care with regard to the staging of gymnastics competitions. In this way we can strive to produce a sport that would be the least litigious of all amateur sports.



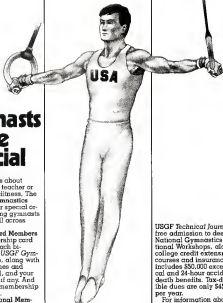
At the 1982 USGF Congress in Fort Worth, Texas, USGF Executive Director Roger Conrad presents Faltusene Williams with her award — a plaque by Dave Black. Williams was named the 1982 USGF Gymnast of the Year for women's artistic gymnastics.

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# HUMAN DEVELOPMENT IN PERSPECTIVE

RICHARD KASNY

**M**ost of the talk and coverage of sports for the adolescent to today's society deals with the thrill of victory and the agony of defeat. One neglected area that this article attempts to deal with is the effect of sports and competition on the developing adolescent. I'm sure all of us are aware of the story of the poorly aggressive parent who leans on his or her child a little bit too hard in something that should be a purely recreational experience such as a Little League baseball game. But, sometimes the pressure can even be worse. If a child is receiving pressure not only from his parents but from his coach and peer group, then the child has nowhere to turn.

Logically, a child is in the custody of his or her parents and it is the parent's responsibility to determine the moral character and proper attitudes of a coach in dealing with young people. The parent should be aware of this responsibility and monitor the child's progress throughout any sports experience. We as a society have a tendency to put too much trust in someone who is labeled an "expert" and just assume that they are doing the right thing. Usually a parent knows little about the sport which their child is in. A lot of coaches use gimmicks like media hype, computer or state-of-the-art language to appear to be an "expert" in a sport. It is difficult for a parent to discern whether the coach is truly an expert in the sport or merely a charlatan. But, the parent is aware of whether a child's safety and well being is first on a coach's list of responsibilities. Even in such an enjoyable area as sport, there are coaches who are more motivated by ambition and ego and have "tunnel vision" towards success rather than ensuring the proper development of the child.

Let's stop here and examine the needs of a child in the developmental process. First, a child is developing physically. For example, we all know that when we are born our skeletal structure is made up of a giant deal of cartilage and does not become bone until early adulthood. Care to the child's body is very important during growth because physical injury or abuse can impair the growth process. Second, a child is developing socially. The effect on the child that peers have is a given or on the field will mold his or her social behavior for the rest of his life. If the atmosphere in a practice or competition has the child pressured by coaches and peers, socialization can be severely skewed. Third, and most importantly, a child is developing psychologically. The adult role model that the coach portrays for the child, and the reinforcement received by the child during activities develop the child's personality structure. An ambitious overbearing coach can help destroy a child's self-confidence and make the child feel inadequate as a human being.

This problem becomes more important when we look at the current trend in sport. High level athletes are beginning to enter sports and peak in sports at a younger age. The emergence of such athletes as Nardo Comaneci, Greg Louganis, Tracy Gutierrez and others point to this trend. The younger a person is, the more delicate are his physically and psychologically. This in fact that the coach and parent must be less demanding and very watchful of the young athlete. Too many young and gifted athletes are either physically harmed or mentally burned out by a sport and end up dropping the sport and the experience.

The intention of this article is not to change people's thinking



on requiring excellence in what is accomplished, but to convey that it can be accomplished without physically and mentally punishing the child to get there. A child who is properly motivated, psychologically able and physically gifted will excel to greater heights if proper care and patience is given to their development. All of us have participated in sports and have achieved a level of satisfaction which I feel is independent of the level of success. Sport allows us to experience new social consequences, employ strategies and make sacrifices in achieving new goals, and keep our bodies young. Sometimes if all the parameters (like lady luck) are favorable we achieve success.

The worst situation that can appear for the child is when he or she is pressured by both the parents and the coach. The child then has nowhere to turn and gives into the guiding adults demands. The possible effects of such an experience are appalling. One suggestion for the child is to seek the guidance of a school or church social worker or counselor. The counselor may be able to talk with the parents and find a creative solution to the problem.

My opinion in making the best decision in a situation is to leave it up to the athlete. An unpressured and free thinking child will be able to define what they want and what they don't want, what they can handle and what they can't. It is our duty as parents and coaches to pay most attention to the athlete's needs and wants and disregard our own. We must promote sport with the utmost attention to the athlete's safety and development as a child and human being.

**About the Author** — Dick Kasny is a graduate from the University of Michigan as Ann Arbor with a degree in Computer Science. While a collegiate competitor he was a NCAA Division I three time All American and a member of the 1970 NCAA Championship Team. Since graduation, Dick has attended graduate school, traveled the world, taught, coached and judged gymnastics and has worked as systems analyst.



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# MARCIA FREDERICK, WORLD CHAMPION — RETIRED

DAN SIMAUGHNESSY *The Boston Globe — Boston, Massachusetts*

**M**ilford, Conn. — She can laugh about it today, but it hurt at the time.

Champion gymnast Marcia Frederick — then 17 years old and enjoying all the newsworthy wonders of her first boyfriend — was tossed out of a public women's rest room by two elderly women who mistook her for a young man. It was the fall of 1986. It was time to retire from gymnastics.

"I had just met my boyfriend," she recalled. "I walked into a women's room and some lady grabbed me by the arm. She told me the boys' room was next door. She and her friend threw me out. It was such an assault. I had spent three or four hours trying to look good. I had tried so hard to look like a girl. I cried all the way home. That definitely pushed me past the edge. No one was ever going to call me a boy again."

Frederick retired six months later, came back for 18 appearances in the Kurt Thomas pro gymnastics tour last winter and retired permanently in February.

"I was tired. I hated driving to the gym. I couldn't make it without people practically picking me up and making me do a routine. . . . I wanted to find out what I could do besides gymnastics and who I was besides a world champion. I thought, There's got to be something else."

This is a story of the athletic burnout of a child who did what no American woman ever had done. Competing at the World gymnastics championship in Strasbourg, France, in October, 1978, 15-year-old Marcia Frederick won a gold medal in the uneven parallel bars. She beat the best, including Romania's Nadia Comaneci. It remains the only gold medal ever awarded to an American woman in any international gymnastic competition.

*"Everything I did was gymnastics. I breathed gymnastics, I dieted gymnastics. I dreamed gymnastics. I looked gymnastics."*

**High Price of Success** — The price was great. For nine years, Frederick spent 5 to 10 hours a day perfecting her routines. She left her home to live and train at Marvin Grossfeld's school of elite gymnasts in Milford, Conn., a move that ultimately uprooted her parents and two sisters in 1976.

In quest of Olympic gold, Frederick surrendered her independence, her sex years and her femininity.

"Everything I did was gymnastics," she said. "I breathed gymnastics, I dieted gymnastics. I dreamed gymnastics. I looked gymnastics. I had the short hair and the body . . . everything."

"The price you pay is hard sweat, tears and pain. Dedication. You have to be totally oblivious to everything else in the world besides gymnastics. Is it worth it? I don't know. If I had to do it over again, I think I would, but maybe I'd go about it differently."

Photographs tell the story of Frederick the competitive vs. Frederick the 19-year-old American girl. The competitor is a muscular, muscular pre-pubescent, big-eyed robot — a gymnastic machine worthy of any Communist bloc nation. Marcia the American girl is a chic, attractive, green-eyed, adult-faced young woman. She will never again be mistaken for a boy.

"I'm 10 pounds thinner, bigger in the chest and have long hair and painted nails," she said proudly. "I just wanted to be like other girls."



Marcia Frederick in 1978 at the World Championships held in Strasbourg, France, became America's first and only women's world champion by winning the uneven bars event. Marcia scored a 9.95 in final over competitors from Silvia Mascherino (URS), Judith Biele (FRG), Marie Philomen (URS), Nadia Comaneci (ROM) and Sayfi Braker (GDR).

photos by Bob Agency



*Even though uneven bars brought Maria international gold, her other three events were almost as strong. At the World Championships in 1976 and 1979, Maria placed 20th and 21st in all-around finals. (Above) Maria dismounts bars in one of her last competitions, the All American Classic in Los Angeles late in January of 1983. (Clockwise) When Maria scored a perfect 10.5 on the vault — an AAU American record — gave her the air of uneven bars. Also to Maria's right is one of her two coaches, Don Price.*

**Some New Desires** — In the summer of 1982, Maria Frederick is like the other girls. She cares about her boyfriend, her figure, her family and — sometimes — her future. She wants to meet people. Ride to Bruce Springsteen, ride motorcycles and cheer for the Red Sox.

"People who are locked up in one place for so long see only four walls and nothing beyond those four walls," she said. "For a time, that was great, it was what I wanted, but when I opened my eyes and saw other things, I was curious."

In an age of instant gratification and 10-minute attention spans, America's children typically frustrate and bleed their parents with a variety of impetuous interests. On Monday Johnny is ready for piano lessons, Wednesday he's committed to playing shortstop for the Yankees, and by the time the weekend rolls around, the kid has seen a Jacques Cousteau special and thinks he's got a future in oceanography.

Maria Frederick was different. She knew what she wanted to do, had the ability and had parents who were willing to pay well to achieve the goal.

"They knew what was in my heart," she said thankfully. "They knew what I was made to do. My parents and my sisters, they gave up a lot for me. It wasn't an easy thing for the family so more, it was a lot of adjusting, a lot of time and a lot of money."

**Push Comes to Burnout** — Too much, some would say. When a rare talent burns out by age 19, it's a pity to say that her parents pushed too hard. Frederick insists she was not pushed, but admits "I never had control over my situation. Everything was their idea. Even today, I have a terrible time making decisions on my own because I'm so used to people making decisions for me."

Frederick was 9 when she first gripped the uneven bars at the Springfield Mass. YMCA. Four years later Muriel Grossfeld, a U.S. Olympian in 1956 and 1960, saw Maria and told Christine and Charlie Frederick that their daughter should have serious training. Maria met the requirements of flexibility, strength, intellect and gritiness and enrolled in the high-powered Grossfeld Academy in June of 1977. There she worked under the tutelage of Grossfeld, four other elite coaches, three dance and beam specialists and a full-time physio.

Living in the white clapboard house adjacent to the drift 485,000 cinderblock gym, Maria and 40 other gymnasts trained five hours per day, five days per week. She kept a detailed notebook of her workouts, followed a strict diet and shared housework with the others. She went to school at nearby Laureline and occasionally made it home for a weekend.

In those days, she always had tired eyes. "I was always training," she recalled. "And I never gave myself time to rest mentally."

The school combined the regimentation and inactivity of a military academy with pressure to succeed and fear of failure. There was guilt too because rest, meals and coaching cost academy parents more than \$450 a month.

"I felt immensely guilty," said Frederick. "When my parents would argue, I'd think it was my fault. I knew it was a lot of money, a real strain."

**Triumph in Strasbourg** — The investment paid off in Strasbourg on Oct. 18, 1978. Competing first, Frederick scored a 9.95 in the uneven parallel bars. No one beat that score, and the whole world watched while they raised the stars and stripes and played Francis Scott Key's anthem like after Maria was awarded her medal.

"Nothing can compare to that feeling," she remembers.

It was different after that. She was a celebrity. She was escorted in a limousine when she returned from France. She signed autographs, did interviews and trained for the ultimate — Olympic Gold.

Victims of America's 1980 Olympic boycott are discussed  
continued on page 54



George P. Nissen and Glenn M. Sandby, two pillars in the sport of gymnastics, were awarded the United States Gymnastic Federation's most prestigious award, the Master of Sport during the 1982 USGF Congress conducted at the Americana Hotel in Ft. Worth, Texas September 23rd through the 26th. Nissen, the man who imported, inventoried and manufactured gymnastic equipment for American gymnasts and Sandby the man who first published stories and photographs about the achievements of American gymnasts, joined an elite group of Master of Sport recipients including Frank J. Camerley and Eugene Wernicke, 1972; Mildred Prehal, 1973; Charles Poad, Tom Maloney, Irma Wichard, Newt Loken, Clayton "Red" Marquette and Joe Gal Jorabardo 1977; George Srygala, Lyle Weiler, Bill Greenhaw, George Lewis, and Jerry Hanly 1978, and Jackie Fire in 1980.

Call it ironic but appropriate that these two men were honored with the Master of Sport on the same occasion. Their contributions to gymnastics sports have been unique, monumental and often in partnership. They are close friends whose joint gymnastic ventures have been many, covering several decades. Each of these two men has his ideas, his vision, his beliefs and of course, his story. It is timely for the USGF to recognize their accomplishments while they are still active as neither Glenn at 63, nor George at 68 are thinking about retirement.

George figures at least thirty more years of productivity while Glenn sports the physical physique of a twenty year old. It would be difficult for any of us to speculate what special projects these men might take on next. However we can all imagine or rather not imagine, how it would be to not have had chrome gymnastic equipment to "swing on" or not to have had a *Modern Gymnast* in your hands.



**Glenn Martin Sandby —**

Glenn was born November 4th, 1921 at a Swedish Hospital in Minneapolis fifteen minutes before his twin sister, Gladys. After a period in South Dakota, the Sandbys moved to sunny Southern California in the fall of 1932. Glenn's first introduction to gymnastics was watching gymnasts on the playground apparatus in Santa Monica beach. Being small for his age, Glenn always made a good top-man for pyramids and hand

balancing. Van Dusen has high school coach and physics teacher, encouraged Glenn to become a competing gymnast. By his senior year Glenn was working most of the gymnastic events and excelling on the parallel bars where he placed third all City.

Glenn's other interests were music, mathematics and singing in the high school and church choirs. He was not the academic type and did not figure on attending college. The United States was just coming out of the Great Depression with Glenn graduating in the summer of '39 when he met George Wayne, a two hundred pound ex wrestler and body builder. Glenn and Wayne teamed up for a show business career with a hand balancing act called "Whispery in Balance." They got their first big break in New York while performing in Michael Todd's musical, "Star and Garter" starring Gypsy Rose Lee. In 1945 Glenn's other sister, Delores, joined the act which became the "Wayne Martin Trio."

While on tour in 1949 in Washington, DC at the Sherman Hotel, Glenn gained national attention when he walked down every step on the Washington Monument on his hands! He was featured in "Willy's Believe It or Not" comic section of news papers across the nation.

# ▲ PYRAMID POWER ▼

Article by  
Bruce A. Dens

In 1949, Sandby took his first crack at the publishing business in a small rented office in New York when he published seven issues of *Acrobat* magazine. Dick Wilson, television's Mr. Whipple, "Please do not squander the Charms," helped with many of the layouts for *Acrobat*. Frank Wells contributed the first gymnastic article and Joe Schuster, the creator, *Illustrator* of Superman, drew the first adventure strip — "The Adventures of Jim Nash."

Glenn had to abandon *Acrobat* and its 450 subscribers when road tour obligations took the Wayne Martin Trio out of New York. For the next five years the Wayne Martin Trio looked up with "Spidee Jones and His Musical Instruments" as a straight act touring the continental United States and several foreign countries. The Trio's final stage appearance was in Australia in 1955 and upon returning to California, Delores married, George Wayne became a Jewish Brother and GMS settled down to be a Santa Monica landlady at age 34.

Quickly bored with this lifestyle, Sandby decided to publish a magazine once again, but this time concentrating on gymnastics rather than acrobatics. In December of 1956 he published his first complimentary issue of the *Modern Gymnast* a thirty-two page septuagies edition with Jack Beckler, 1956 National AAU All-around Champion, on the cover. The next issue appeared in May of 1957 and from that point forward *Modern Gymnast* became not only a magazine, but the most complete available record of United States gymnastics. Gradually, the *Modern Gymnast* increased in size, number of pages, color and scope of coverage. The name *Modern Gymnast* gave way to *MG*, and *MG* gave way to *Gymnast* and finally in 1976 with the advent of Dr. Josef Gollhofer's International Report, *Gymnast* became *International Gymnast*. Subscriptions grew to nearly 30,000 in 1978.

Deprived of a formal college education in journalism, Glenn was always striving to "just keep the magazine going." GMS functioned as an editor, writer, photographer, layout man, or whatever job was necessary to get it out to the gymnastic community. Sometimes it was late or there was a mistake here or there but most certainly it was without the best of ease.

Sandby's background enabled him to attract many contrib-

GEORGE NISSEN AND GLENN SUNDBY



ON TOUR ATOP THE  
EGYPTIAN PYRAMIDS

1982  
Master of Sport Award  
Recipients

*United States Gymnastics Federation, 1982 Congress, Fort Worth, Texas*

tations to the magazine. Rather than professional journalists, the people involved in gymnastics were the contributors with one set: photos, cartoons, drawings, ideas, articles, viewpoints and opinions about their sport. Everyone was given their opportunity to be seen or heard.

As if *AG* was not enough, Sandily created *Mademoiselle Gymnast*, a quarterly magazine. In the 1950s to keep pace with the dynamic emergence of women's gymnastics in the U.S. Later in the movement, Sandily cooperated with, purchased, and became the publisher of *Gymnastics World*, a youth and club oriented magazine. Glenn was always supportive of his competitors rather than prodish with them. "Your competitors could only make gymnastics a better sport," contends Sandily.

During the stormy days of gymnastics in the 1950s, Glenn supported the men's collegiate gymnastic coaches in their effort to form the United States Gymnastic Federation. Glenn went "out on the limb" allowing Modern Gymnast to serve as the official magazine of the USGF, the body which replaced the Amateur Athletic Union as the ruling organization for the sports of gymnastics.

Today GMS resides in Biscanitas, California, a ninety-minute drive to Santa Monica, home of *AG* magazine with his wife Barbara and his son Scott. He is involved in many church activities including Athletics in Action. He is a physical fitness buff who conditions and jogs regularly. Like George Nissen, Glenn is on the Board of Directors of the Aerobics Federation. For several years he has published and printed Aerobics magazine with much of the expense coming from his own pocket.

As for the near future, Glenn plans to continue publishing *AG* saying in shape, supporting his church and enjoying family life. Most of Glenn's friends know him as the man who coined the phrase, "Have a Happy Husband," as the man with the straight body planche (crouching a suspended hood ornament on an automobile), as the man with a leopold cowlick in his hair and a riddle in his blue eyes for what he is — a man of many ideas and visions.



**George P. Nissen** — George P. Nissen was born, or rather as they say in Iowa, "spawned" in 1914 in the state that was to be his lifetime home. He graduated from the University of Iowa in 1937 after winning national collegiate jumping titles in '35, '36, and '37. Additionally, he won an All American diver and graduated with academic honors. He began developing his beloved trampoline in an old garage in Cedar Rapids. He could often be seen

around town gathering scrap metal to be used in his first trampoline frames.

During World War II, Nissen was an instructor in the Naval Pre-Flight program with the military rank of Lieutenant. He convinced the Navy that the trampoline was just what was needed for the physical training of flight pilots as a coordination builder and general conditioner.

After the war Nissen continued to promote the trampoline with exhibitions and demonstrations for schools, colleges, state fairs, YMCA's and for whoever would watch. Over the years George participated in trampoline shows with his wife Annie, Frank Lahee and Bob Penner to name a few. On the state fair circuit Bob and George would go on stage just prior or just after Bob Hope — a good position for exposure. Like Sandily, Nissen also performed in a hand balancing act which toured Mexico billed as the "Three Leonardo's."

In preparation for the training of the US Olympic team that would participate in the 1956 Olympic Games in Melbourne, Australia, Nissen imported Adler Eisner's gymnastic equipment. Nissen continued to import equipment under the name Gymport and became increasingly aware of the problem of equipping American gyms with gymnastic apparatus. During this time

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the major equipment manufacturers in the US were Naugatug, Pratt and Mardet. Nissen bought the gymnastic division of the Mardet Company and began to redesign the gymnastic equipment line.

Nissen revolutionized the concept of the welded prefabricated base. Prior to this all equipment companies made their bases from cast iron poured into a mold. The molds were often in short supply and cast iron would often fracture during ship ment. Besides improving production time, the prefabricated base was flexible allowing the equipment base to give with the weight of the performer. Nissen's equipment was lighter than his European made competitors and had separate soft wheel tires protruding that could be removed from the equipment after it was located on the gymnasium floor. This was a must in the United States where athletic directors would often prohibit gymnastic equipment on the varnished basketball floor for fear of damage.

Nissen's roll cable system allowed for interchangeable parts and a complete set of Olympic all around equipment for men and women that was portable — not requiring floor plates. When "big name" foreign teams came to the US, they were able to compete in the best arena because of this portability factor.

Roll cable was also extremely safe. Standard flexible steel strand cables have been known to fracture on occasion causing an apparatus to collapse. This was not possible with the roll cable design.

The Thumle split locks, double safety ball bearing lift caps and the floating counterbalance lecture made Nissen equipment safe and easy to adjust for gymnasts of all sizes. Nissen's men and blue cushion "Pancake" fold mats, the roll field design and a foldable floor exercise mat set the standard for mat production as manufacturers came out of the barrel field mat era. Before he was through, Nissen would be responsible for forty six current patents, numerous trade marks and several innovations.

Nissen's original trampolining design was two, one and five-eighths inch pipes bent and welded together. This basic oval design was then filled in and finally chrome plated. The same basic concept was used to design apparatus bases. The word trampolines was a Nissen registered trade mark for more than fifteen years. Nissen visualized that trampolines should be used by more than just gymnasts. After all a swimming pool could be used by divers, swimmers and water ballet athletes, the ice rink could be used by hockey players, speed skaters and figure



**Gene Wertheimer** had a long and distinguished coaching career at the Penn State University coach for 36 years. Mr. Wertheimer also served as U.S. Olympic coach in 1968 and 1976. He Olympic gymnastics team manager in 1975 and as Olympic judge in 1972 and 1976. During his tenure at PSU, he produced 13 Olympians, 37 NCAA individual champions and numerous team titles. In addition, he is coach of the USA National Team from 1980-1972.

Mr. Wertheimer has been married since 1976 and is currently involved in the US Gymnastics Safety Association, running international events, working around the house and in civic work in Erie College, Pennsylvania.

Three time Olympic **Frank Connelley** (1932, 1956, 1964) won over 25 national AAU championships during his competitive days. He judged at the World Games, Pan Am Games and Olympic Games and was the first ever elected to the Helen Jennings Hall of Fame. Mr. Connelley received the NAAGC Lifetime Coach Award, ECAC Annual Award for Officials and is a member of the Frank Connelley Hall of Fame. He judges the NAAGC Lifetime Coach Award, ECAC Annual Award for Officials and is a member of the Frank Connelley Hall of Fame. He judges the NAAGC Lifetime Coach Award, ECAC Annual Award for Officials and is a member of the Frank Connelley Hall of Fame.

He is currently living in Mansfield, Ohio where he has a wife, Jeanne and enjoys bowling.

**Mildred Perkal** has long been a teacher of gymnastics and dance. She began her career as gymnastics in 1950 as a competitor in the Junior Girl National Organization. Mrs. Perkal went on to become the first female federal instructor by teaching both gymnastics and dance. She was the director of the Junior National Board of Instruction for women for 12 years and is now a current member of the board. Mrs. Perkal has become involved with Rhythmic Gymnastics and led the USA delegations to the Rhythmic World Championships in 1973. She is a member of the Gymnastics Hall of Fame and received the Silver Medal Award from Czechoslovakia.

Mrs. Perkal now lives in coach at the State of New Hampshire of Chicago.

**Emma Wachel** participated in many gymnastics competitions for almost thirty years. During that time she claimed nearly 100 awards including a National Turner's All around championship. The former USA Olympic coach (1960) taught gymnastics and physical education for the Chicago Park District Recreation Department and was a member of the U.S. Olympic Gymnastics Committee. Mrs. Wachel is national and international level judge and a member of the NAAGC's Hall of Fame.

Mrs. Wachel currently lives in Chicago.

As a competitive gymnast, **Joe Glatfelter** won many titles in his specialty of vaulting in both NAAG and AAU competitions. In 1940 he became the first individual coach in the state of Illinois where he continued to coach for many years. Mr. Glatfelter was awarded the Helen Jennings Hall of Fame citation for college coaches and held a national international judges card for many years.

Mr. Glatfelter is teaching five American and six American in private studios in Austin, Texas and occasionally substitute coaches.

skaters, the gymnasts by basketball players, indoor track, and fielders, the outdoor field for soccer and football, track and field and rodeo, so why not all these things on the trampolines? Thus the creation of rebound track and spoolball played entirely on the trampoline surface by others than just gymnasts. With these innovations George saw an opportunity to promote gymnastics by introducing people to trampoline sports and once they were hooked — show them the gymnastic apparatus.

When trampolines began receiving a great deal of bad publicity due to injuries, Nissen quickly countered with another innovation — the double mat tramp. The advantages of the double mat are in its design. No frame to jump over like the old single mat. Low to the ground and easy to spot compared to the trampolines. All feet first landings which is safer than head first entries Springer than building. Three tracks in a row rather than just one. Nissen Corporation no longer produces the double mat tramp. It can only be purchased from companies in West Germany and England.

Upon asking George what he felt were the major forces responsible for building gymnastics in the United States in the post World War II era, he named the following: production of equip-

ment by US companies, promotion by International Gymnastic magazine, the National Gymnastic Clinic (Narcosis), the appearance of foreign gymnasts on tour in the US, and in last place, the battle for control of gymnastics by the USGF and the AAU. When asked what the future had in store, his biggest concern is over legal litigation. He feels the legal system is perpetuating cases concerning sports injuries and making someone pay as the result. Most often it is the large company or a university with money that has to pay, but it reflects back on the individual who ends up paying money to buy a particular product or who will miss the opportunity to use a piece of sporting equipment because it has been banned. Nissen compares sports equipment to automobiles. People drive automobiles even though thousands die in auto accidents each year. Likewise more sporting equipment cases show up in court than auto cases. It is a rarity to find a trampoline in a gymnasium or a diving board at a motel poolside nowadays.

Luke Sandby, Nissen's love in for acroports which he more appropriately calls acrogymnastics. He maintains that gymnastic clubs should take more notice of acroports. He points to the following attributes of the acroports program: (1) It can be per-



For 36 years **Nick Lukin** has been the varsity coach in the Old rivalry of Michigan. During that time his team racked up an impressive win-loss record and have won many Big Ten and NCAA titles. A former NCAA champion gymnast, Dr. Lukin has written books on gymnastics, trampolining, tumbling and cheerleading. He is past president of the NACGC and is in the Helen's Foundation Hall of Fame. Dr. Lukin has been involved in the AAU, NCAA and the USGF for years in various capacities.

Dr. Lukin is now at Ann Arbor, Michigan where he teaches gymnastics and social science in addition to his coaching duties. He is also the chairman of the Honor Coaches' Committee and on the Hall of Fame selection committee.

**Tom Maloney** was involved in gymnastics throughout much of his life. He coached at the US Military Academy for a gymnastics team and was the National Coordinator for the AAU boys program. Mr. Maloney was the US Olympic Coach in 1952 and 1956 and was the 1964 Olympic team manager.

Mr. Maloney is currently retired and living in Sarasota, Florida.

**Red Marguerite**, or Mr. Red as he is commonly called, was the founder, director and coach of the first private gymnastics club in America — JCAFS. His SCATS teams were the first to tour Europe, Scandinavia, England, Scotland and the USA. Personal accolades acquired during his years of coaching include developing some 16 Olympians, receiving the Writin's Foundation Hall of Fame award and directing the USA Olympic Trials in 1968, 1972 and 1976.

Mr. Red lives in Long Beach, California and is still involved with the American Turners National Development programs as well as a part time coach at a local high school.

**Donna Charles Powell** is a long time AAU gymnastics coach at the University of Illinois, has been called up four NCAA team trials and 12 Big Ten titles. He coached four women and four men to berths on the U.S. Olympic Team. Mr. Powell was the 1980 Olympic Coach and is past president of the NACGC. He also is retired at the Ohio Bowling Club.

Mr. Powell is active in golf and is also driving in the townhouse of Salt Lake City as well as the president of the Utah Academy of Gymnastics.

**Bill Greenhaw** was the gymnastics coach at the University of Texas for 23 years, but he has devoted his entire life to promoting the gymnastics club program in his hometown of Austin, Texas. Mr. Greenhaw has been active in the AAU and later the USGF serving on various committees and organizing clinics.

Although Mr. Greenhaw is semi-retired he operates two gymnastics clubs in Austin and runs weekly camps during the summer months. In his spare time he breeds and owns quarterhorses.

formed by persons of all sizes (2) Men and women compete together (3) There is musical accompaniment to all events (4) There is little equipment to deal with which makes meets and practices easier to set up (5) Persons of any age can participate. (6) Competitors are based on what you do — not how you do it. (7) Several persons performing together offer the potential for team spirit and more dimension of movement. (8) It gives retired artistic gymnasts a second life.

When George was asked how he had been so successful in his field he offered the following philosophy. Success is often said to be providence or luck. Nina was fortunate enough to be "guaranteed" in the greatest country in the world. He is healthy, an underachiever, and has no handicaps. He has a college education. He figures that anyone who has had all that good fortune should be able to do something with themselves. As for age, Nina points to Ronald Reagan at seventy, his grandmother at age 100, and Colonel Sanders as examples of persons who have undertaken projects in later life. He feels motivation is the key. New challenges keep on going as surely as food and rest do. A new challenge for George Nina is conducting the 1983 World Cup of Acrobatics to be held in Cedar Rapids.

What else can be said about the man who has been inducted into the Helen Hall of Fame, is the honorary president of the International Federation of Trampoline (IFT), has received the Distinguished Service Award from the President's Council on Physical Fitness and Sports, is a member of the United States Trampoline Association, and has received the AAHPER, Wm. G. Anderson Meritorious Service Award. And of course there is the Nina Award, similar to the Heisman Trophy of football presented each year to the outstanding male collegiate gymnast. The fact remains if you have not heard the name Nina before, you have not been around or are new to gymnastics. Nina's contributions have touched gymnastic programs around the world.

American gymnastics would just not have been the same had it not been for George Nina and Glenn Sundry. While other "Masters" have contributed to the sport in the areas of performance, officiating, administering, technical aspects, etcetera, few others have been persons passing their area of expertise like Nina and Sundry.



**Jerry Hardy** has been involved in gymnastics for more than 50 years as a competitor, judge, coach, administrator and writer. He competed in AAU events from 1935 to 1946 and was the national champion in the vaulting competition. In 1932 he began judging and since has judged in local, high school, national and international meets. He judged at the 1958 World Championships in Moscow and at the 1966 World Championships in the Federal Republic of Germany. Mr. Hardy was the 1993 coach of the United States team in the Pan American Games and was on the Pan Am Jury of Appeals in 1989. He was the United States representative to the FIG 1965-1970 and since 1967 has jointly authored the gymnastics segment in the *Gymnastics Britannica*.

Mr. Hardy retired in 1970 but is still active in judging high school meets and on the AAU representative to the USAG Board of Directors.

**George Lewis** originally began coaching elite gymnasts in 1944 when he coached the girls. He was back down for his development of women's gymnastics on the West Coast where he developed about 30 National Champions.

Mr. Lewis currently teaches at the Northern Seattle Community College and still coaches gymnasts at the YMCA. At the YMCA, he says he coaches an "old ladies program" where the average age of the gymnasts is 25-30. Mr. Lewis also owns and operates Lewis Time Shop.

**George Skypala** is born in East Lansing, Michigan where he coached at Michigan State University. Going into his 36th year as head coach at Michigan State, his record includes 14 or so National Championships, about 43 Big Ten Championships and one National Championship from Mr. Skypala is chairman of the Women's Foundation Hall of Fame and involved with Chicago Home Savings Hall of Fame.

**Kyle Weber** spent his entire professional life advancing the sport of gymnastics. He began as director of the Health Club of the Roseland (Connecticut) YMCA from where he began his 25 year career as Professor of Physical Education and Director of the Connecticut State Gymnastics Club. Mr. Weber coached the first AAU competition in the southeast, founded the Georgia Gymnastics Association, founded the first gymnastics clinic in Daytona, Florida which became the International gymnastics clinic and founded the NAJGAC. Mr. Weber received numerous awards, was on numerous committees and served the sport well for over 50 years.

Mr. Weber is retired in Atlanta, Georgia.

**Jackie Pie** has been deeply involved with gymnastics for many years, first as a competitor and later as an increasingly recognized judge and administrator. The 1966 USA Olympian has judged at three Olympics (1968, '72 and '76) and four World Championships (1970, '76, '79 and 81) as well as numerous other international and national events. Mrs. Pie is one of seven current members of the FIG Women's Technical Committee which is responsible for the World Championships, Code of Points (rules), compulsory exercises, judges training and technical regulations. She has written two books on gymnastics, and has coached and taught coaches all across the United States and has many international sessions as well. Mrs. Pie has received numerous awards and is a contributor to several groups.

Mrs. Pie currently lives in Jefferson, Texas.

Compiled by Kathleen M. Delano

## LI NING...BY A LANDSLIDE

World Cup '82 Zagreb, Yugoslavia

Article by Makoto Sakamoto and Roe Kreuter

Photographs by Eileen Langley



**WORLD CUP:** — The 1982 World Cup Gymnastics Competition was held on October 22-24 in Zagreb, Yugoslavia. Zagreb situated in the northwestern part of Yugoslavia with a population of approximately one million inhabitants was an ideal site for what promised to be the number one gymnastics competition for the year of 1982. The Yugoslavian Gymnastics Association with the support of the Federation of International Gymnastics (FIG) did a superb job in organizing the prestigious World Cup Gymnastics Competition.

The World Cup attracted the finest gymnasts in the world. One gymnastic enthusiasm among nearly one hundred coaches,

judges, gymnasts, administrators, and fans that converged from all over the world commented that unlike previous World Cup Competitions, where the All-Around Champion may not necessarily have been the best, this year's World Cup would truly determine the number one gymnast of the world. Such was the impressive list of competitors. From Russia came Yuri Korolev, Bogdan Bobak, and Alexander Dityatin. The Russian alternate Pavel Sut, looked so impressive in practice that one wondered why he was not in the competition. His front flip from hand-spring double front and his one arm Deitcher on the horizontal bar were awesome. The Chinese sent Li Ning, Tong Fei, and Li Yuejin. From a subjective point of view, which the results conclusively confirmed, the Chinese appeared more ready and confident than any other gymnasts in the meet. They appeared as if they had done a "million sets" before leaving China, confident on every skill in their routines, aggressive only on their landings, which they concentrated intensely during practice. The Japanese brought their bronze medalist from last year's World Championships, Koji Gushiken, along with Nobuyuki Kajimura, and Kiyoshi Goto. The East Germans who a week earlier had downplayed the USA victory in the DTS Cup in West Germany by stating that they had sent their 4th, 5th and 6th gymnasts respectively brought to Zagreb their "heavyweights" Roland Bruckner, Ulf Hoffmann, and Michael Nikolay. Although the World Cup is not a team competition, it was gratifying to USA Coach Abe Goulded and myself, that the USA combined score beat out the East Germans. The USA must be considered at least the fourth best team in the world, with the clear possibility of a better in next year's World Championship. The USA Team was

composed of Peter Vidmar, Bart Conner, and Jim Hartung. The West Germans brought Jürgen Göttsch, and Rainer Giese. György Csáky from Hungary, participated by virtue of winning a medal in the last World Championship. The best nation, Yugoslavia, was entitled to two gymnasts. Milos Kencic and Branimir Trifunovic were definitely in a lower league. Thus in total there were 20 gymnasts vying for the honor of being the best gymnast of the world.

In one of the practice sessions, Alice and I observing the gymnasts warming up on the floor exercise mat could not help but feel a sense of awe being in the presence of so many great

gymnasts. The pre-meet favorites were Korolev, Li Ning, Tong Fei, and Mikalai Dityatin, winner of two previous World Cups, was mentioned, but many felt that his top days were over. Mikalai, the defending champion appeared as if he may have been hurt, for we did not see him tumble very hard in practice. However, Bogdan the "machine," looked mentally prepared. No one really underestimated Mikalai's chances for winning the All-Around. After all he was the silver medalist from the 1980 Moscow World Championships. Jim, Bart and Peter looked impressive in practice. They were by no means overshadowed by the likes of Korolev, Bobak, and Dityatin of Russia, or the conservative but elegant gymnasts from Japan including Gushiken, Kajimura and Goto. The USA men looked better than the East Germans and the lone representative from Hungary, Csáky, the European potential home champion. Admittedly so many great gymnasts, the dynamic Chinese duo of Li Ning and Tong Fei, along with the defending floor exercise world champion, Li Yuejin, stood out somewhat "head and shoulders" from the rest. This was most evident in their



Chinese Li Ning

twirling. The height and quick rotation exhibited by the men from the Peoples Republic of China brought sighs of appreciation from spectators and gymnasts alike. It should be mentioned here that besides the gymnasts mentioned above, every member of the FIG Technical Committee, along with the president, Yuri Timon, and the executive secretary Hans Bangerter were present. The importance attached to this meet was every bit as much as the World Championship or the Olympic Games. A medal here was equivalent to an Olympic medal.

The World Cup tradition is extended to medal winners and to the top six teams from the previous World or Olympic



USA's Jon Hunter McNamee

Games. The competition is in optional exercises only. The All Around competition took place on October 22 at 8:00 P.M. Three events were run simultaneously. The USA men drew an unfavorable, i.e., they had to begin on the rings. This meant that they were the first group on rings, vaulting, parallel bars, and the horizontal bar. Unlike most of the competitions here in the United States, the event rotation follows the Olympic pattern. The competition on the 22nd determined the eight event finalists, with no more than two gymnasts from any given country able to qualify.

There was a podium for this competition. Electronic scoreboard flashed the averaged score, while individual score cards clearly identified the scores of each and every judge. I overheard that the seating capacity of the arena was seven to eight thousand. The workout gymnasium was adjacent to the main arena, and the equipment was by and large identical to that in the competition arena. The floor exercise mat was hard. There were no springs. The leather used for the rings were lousy. Swing handholds were difficult to control. The vaulting board was extremely springy. All in all, the equipment furnished by Blar, the Yugoslavian maker, were adequate, though the lack of springs in the floor made it difficult for many gymnasts.

At the start of the competition, the USA trio of Vidmar, Conner and Flanagan were physically and mentally ready. Peter performed first for the USA on the rings. Although he performed well, he was underscored at 9.45. Bart followed with a solid performance, scoring 9.55. Jim was the last man on the rings. Unfortunately for Jim, the rings were slippery. His 9.45 was good enough to make it into the finals, but a chance for a medal was lost in the preliminary. The next event was vaulting. Peter did well for a 9.70. Bart followed with a 9.75. And Jim's Cuervo earned him a solid 9.60 and a place in the finals. In the third

*"The gymnast who seemed to steal the show, however, was the fabulous Li Ning ..."*

rotation, Bart did well on the parallel bars. Going first up, Bart has chances for a medal, for his 9.70 could well have been a 9.80 if he had performed later. Jim's parallel bars was superb. He tied Bart with a 9.70, but by virtue of his all-around placing, he advanced to the finals. Peter could have medaled on this event, but he had two major errors. His 9.50 was lenient. In the floor exercise, Jim had a slight wobble on his one-arm giant to an intricate cross change. He scored 9.70. Peter performed well, catching his flyaway half twist immediately from a Markovskiy securely, though bobbling a little on his straight body half-in half-out landing. His 9.60 earned him a four-way tie for fourth place going into the finals. Bart continued his consistent performance, going 9.75. On floor exercise, Jim performed magnificently. His triple full mount, followed by his fall in double somersault was as impressive a beginning as any Chikara of Russia. His 9.80 was good enough to make the finals. Peter did well except for the double pike dismount, where he came rotated. His 9.40 was a disappointment. Bart followed with an excellent routine. His 9.80 tied him with Jim and Kaplana, who all advanced to the finals. The last event for the USA was pommel horse. Unfortunately for Jim, he was not able to train well on this event due to a strain in his triceps received in Germany. It cost him an otherwise superlative routine which could have moved him up in the all-around placing. He hung on for an excellent 9.65. Peter did one of his best routines. His 9.75 was underscored, though good enough to make it to the finals. Bart did an excellent pommel horse routine, scoring 9.70. Bart had an excellent night, succeeding solidly on all six events. Jim had slight troubles on pommel horse and rings, but otherwise came through magnificently, making finals on four events. Peter had an off day, but his scores on pommel horse and the horizontal bar earned him a place in the finals.



Being so involved with our USA men, I was not able to concentrate on the other foreign gymnasts. But from the looks of things, Li Ning, Tong Fei, Korolev, and Mikola seemed to be battling out for the top honors, with Li Ning pulling ahead towards the last two events. I recall seeing Li Yujiao's floor exercise, which was perfect until the landing of his fall in dismount. A slight bobble cost him the perfect 10. His 9.85 was third for the Chinese. Li Ning and Tong Fei both scored 9.90! How amazing, the defending world champion failing to make the final! This is an indication of the level of the competition. I recall seeing a lot of great performances from Korolev and Mikola. Korolev dominated with a full-in on floor exercise. He also improved his difficulty on pommel horse and horizontal bar, where he did two consecutive reserve layouts. Mikola's one-quarter Deadeye to an immediate flyby twist on the parallel bars was innovative.

The gymnast who seemed to steal the show, however, was the fabulous Li Ning. Li Ning's scores pretty well sum up the true mastery of this amazing year old king of men's gymnastics: 9.90, 9.90, 9.85, 9.90, 9.90, and 10.00! Total, 59.45! Tong Fei's 59.10 seemed ironic. Korolev's 59.00 was the closest that any Russian could get. This year's World Cup was probably the very best gymnastic competition in the history of the sport.

The finals were exciting. Li Ning captured five gold medals and one bronze medal! Tong Fei won most of the other medals. The Chinese domination by these two men was devastating. Korolev won the only other gold medal on parallel bars. Jim Ramsey missed getting a bronze on the vaulting. The highlight for the USA men was the electrifying horizontal performance by Peter. His 9.95 captured a well-deserved bronze medal, but only will serve as a portent for the USA men's team at next year's World Championships in Budapest, Hungary.

USA's Peter Vidmar



USA's Bart Conner

## WOMEN'S REPORT

Without a doubt, this World Cup was one of the nicest meets that I have ever been a part of. We all stayed at a new hotel called the Inter Continental which gave us the opportunity to get to know the other gymnasts and helped expand our friendships. We spent a lot of time, as we usually do, with the team from China and got to know the team from Bulgaria much better. Gratcheva had a sprained ankle that Jack Rockwell (USA Trainer) was taking care of her, and their other gymnasts also had some minor things that Jack was helping with. One evening our gang helped Olga Alchikova to celebrate her birthday. I will always cherish the memories that I have from World Cup.

The competition was an extremely high level one with many International medallists in the meet. Miss Gatauck did a very fine job. We were all concerned as to whether Miss Gatauck would be able to come back to the high level that she had attained (at World Championship in Moscow where she won three gold medals) after having surgery earlier in the year on her ankle. I think everybody would agree that Miss Gatauck is on her way back. Bacharova has improved very much since we had seen her in Florida at the 1986 USA meet last spring. Anybody who wondered at the World Championships how Olga had become World Champion, I don't think one would wonder any more after seeing how she has progressed and how well she performed. Also from Russia was Natalia Yurchenko who had competed in four Worlds at the USGF International level. At which time she did not compete at the level she competed here at the World Cup. She is 17 years old, almost 18. A lovely girl and a lovely gymnast. Super bars and of course, everybody is excited about her vaulting. She was the first international gymnast that we had seen who vaulted the round off lay-out and the round off lay-out Take, which she does extraordinarily well. The Russians have a real find in this girl. I think she has probably been around for quite a while and is really coming to the forecourt right now.

The only bad part about this competition was the difficulty that we had with the meet organizers concerning Yurchenko because according to the rules that we knew about, a girl was to have participated in the World Championships to be eligible for World Cup. We had checked ourselves to see if other up and coming girls would be allowed to participate and were told no. Everyone was surprised when we got there and found that Yurchenko had received permission to perform. It left a bad feeling not just with the United States but with many other countries.

In the competition, there were 17 gymnasts that competed, representing eight countries. Our training sessions were very good, and there were two a day offered. The other countries had arrived before we had, and consequently, did a little more training than we did because of our long journey in getting there. We really had no large problem with the equipment. The girls like the bars very much, the bars they were pleased with. The floor was a little bit harder than what they would really like to perform on, but they were able to do all of their skills on it. The Yugoslavian vaulting board was okay, we had no problem with that although the Russians preferred the wood board. During the first days competition, the girls would be divided into two squads within a group, with two groups competing at the same time.

The first day of competition determined the winner of the all around. There was a tie between two Russian girls Olga Bichnerova and Natalya Yurchenko, both with a 39.45. Larissa Agache from Romania was third with a 30.55, Ma Yafeng from China was third, Maja Gutsack from the German Democratic Republic was fourth and Madsack Stankovic from Romania was in 6th place.

The American girls did well. However, I don't think they were overly pleased with their showing. Julianne, who had been hitting bars the whole time we were there and who hadn't had a miss on her release, didn't regrip the bar. She was very very surprised, and consequently it knocked her down to eighth place in the AA. She received a 9.45 with the fail, a good score since the rest of the routine was flawless and there really wasn't much the judges could deduct for that when you fall off bars, you fall off bars. The rest of Julianne's performance was good. One of the highlights was the fact that she did very well in vaulting (remembering back to Moscow where her vaulting was by far her weakest event). She scored a 9.75 for her vault.

*Romanian's Larissa Agache*

*Soviet Union's Olga Bichnerova*





USA's Michelle Goodwin

GEM's Mimi Gosholt



Michelle Goodwin finished in 12th place with a 38.00 which was very good. Michelle's disappointment was a fall on balance beam. However, the rest of her events were very good, and she was pleased with those.

When looking going into finals the following day we had Michelle qualified in uneven bars and Julianne in vault and on balance beam. In vaulting finals Julianne was in a three way tie for fourth place. In the final competition itself, Iucherova and Julianne both averaged 9.85 for their two vaults. Yurchenko came out with a 9.8. So in the final standings, Yurchenko and Iucherova tied for the gold medal with 19.70, and Julianne was third with 19.6. Stander was in fourth place with a 19.5. We were all very thrilled with Julianne winning the bronze medal on vault.

In the uneven bars competition, there were some pretty high scores going into finals. There were six scores at 9.80 and above. There were some very good routines, almost all of the girls have one release and some of them are working two. They were really quite spectacular. The highest score in finals was a 9.95 which was Max, and with her qualifying score of 9.90 (giving her a 19.85) she ended up in first place with the gold medal. In second place scoring a 9.80 was Yurchenko, who ended up with her 19.7 for the silver medal tying with Iucherova who also had a 9.95 in the final for a 19.70. Ma had a break in her routine and scored a 9.75 ending up 4th with a 19.65. Michelle placed in seventh. She did her front half grip and it looked like she was going for a drop glide although that is not what is in her routine. All of a sudden she had jammed her toe into the floor taking a fall and ending with a 9.30.

On balance beam, we really didn't see anything that was too new. There were a lot of double back dismounts, series of flip-flops and step outs but nothing that we hadn't seen before. Genscharov's dismount is a standing flip-flop into a double back which makes a great deal of power and it was very impressive. Yurchenko won the gold medal scoring two 9.9's. Not a real spectacular routine, but it is a smooth and very gracefully done, with good timing and no wobbles. Second place, also with a 9.9 in finals but a 9.85 prefinal, was Wu Jiani from China. Wu has one of the most daring routines, a series of flip-flops into a big flip chest roll and a nice side flip-flop with good height. She is a very graceful performer as well. In third place was Iucherova who had a 9.8 in finals. She was not as exciting on balance beam as on other events but she is very steady and doesn't make mistakes. In fourth place was Stander from Romania with a 9.75, she has a great deal of difficulty. Julianne went into the competition in seventh with a 9.75, and in finals had a 9.8 which gave her 19.55. Julianne did a very nice routine. A little deduction on her dismount for lack of height, but in the rest of her routine she made no mistakes at all.

On floor exercise, both Agache and Terekov are moving with full on with a double back in the middle part and ending with a double back. The tumbling through most part is pretty clean. Once in a while we see a little bit of "cowboying" but not nearly as much as we used to. If a girl does cowboy, I am very happy to report that the judges are deducting for it, which will encourage better execution in the future. On the floor in first place with two 9.9's for a 19.8 was Olga Iucherova, who really did a nice routine. Agache was in for the silver with a 19.75 with a very excellent routine. Her tumbling was good and high and her dance was right in beat with the music. Most, who is not as strong in dance as the men, finished with a 9.9 in prefinal and had a 9.8 in final finishing third. She is a very fine number. She was concerned and worried about her tumbling prior to doing her routine, but when she was out on the floor she came through like a true champion. There was a three way tie for 4th with Yurchenko and Wu and Ma. All in all, I would say the trend is not as much towards really beautiful dance as it was a few years ago. However, the tumbling is superb. Let's hope that by the Olympic Games dance will be up to the level of tumbling.

There was a packed house. The Yugoslavians had very colorful dancers and small children all dressed in colorful costumes for the awards ceremony. They had beautiful young ladies in native costumes that would be holding the awards and ladies of the FIG were presenting the awards. It was a very nice opening ceremony and closing ceremony. The audience was respectful and the people were warm and kind. Everyone there was happy to be a part of the 6th World Cup competition from Zagreb, Yugoslavia.



*In the 1982 Rhythmic Gymnastics International Invitational held in Atlantic City, New Jersey, West Germany's Regina Weber captured the All Around and the USA Team won.*

# ON THE BOARDWALK

Article by Dr. Annelis S. Hoyman

Photography by Dave Black



**T**he 1982 USGF Rhythmic Gymnastics International Invitational was only the second international meet held in the United States of this new Olympic sport. While the 1980 meet took place in Los Angeles on the west coast, the present meet was held on the east coast in historic Atlantic City in New Jersey. Atlantic City is a resort town situated directly on the Atlantic Ocean approximately 60 miles southeast of Philadelphia.

The date for the meet was October 2-3, and the site was the Atlantic City Convention Center, located on the famous boardwalk and right next to the Playboy Resort Hotel, which hosted and cosponsored the meet and at which all the delegations and other participants were staying during the duration of the meet.

Although the original flyer announced a total of six participating countries, only Canada, Federal Republic of Germany, Japan and the United States of America were represented. A total of twenty-five gymnasts were present with each country represented by four individual gymnasts, as well as one alternate. The United States was represented by two teams. The alternates started the competition for each event, but their scores were not used when it came to ranking the performers.

Canada's team included 18-year-old Kathy Tilson from Toronto, a member of the Kiefer Esprit Club and coached there by Jura Kator, a former Canadian Champion well known to the American competitors from several international meets. Also from Toronto were Lynda Thompson and Robin Fowler. 20-year-old Lynda, who is a college student and a former artistic gymnast, took 2nd place in the 1979 Canadian National Championships, where she won one gold and two silver medals. As a participant in the 1980 National Championships group contest, she won a gold medal; she was also one of the Canadian group competitors in the four Continents Championships in Canada in

The USA Team on the Boardwalk in Atlantic City (right): L-R Lisa Aronson, Karen Lyle, Amy Schultz, Stacy Griesler, Terese Winkley, Valerie Alvinger, Michelle Bernabe, Lynda Thompson and Robin Fowler. (Left) Canada's Robin Fowler.

1978 (1st place) and in Rio de Janeiro in 1980 (3rd place), as well as in the 1979 and 1981 World Championships in London and Munich where the Canadian group placed 7th and 9th respectively. Robin Fowler (15 years of age) was No. 2 All Around in the 1982 National Championships (Junior master), where she placed 3rd in rope and ball, 2nd in hoop and clubs and 5th in ribbon. The fourth Canadian representative was 15 year old Anne Brendler from Montreal. She was the silver medalist at the 1981 Canadian National Championships in Halifax, and her future ambition is to become a sports doctor or coach of rhythmic gymnastics.

Japan, which participated for the first time in Rhythmic Gymnastics in the United States, had also brought two more experienced and three younger gymnasts. 18 year old Noriko Yoshida, who is attending Tokyo Women's College of Physical Education and is coached by Sh. Takahashi, was No. 5 in the 1982 National Championships in Japan, No. 10 in the 1982 World University Games (Tokyo, Japan), and No. 3 in the 1982 East of Japan Games. Kaori Hasekawa who is also a university student was the silver medalist in a 1980 Inter-high school Championship, she placed 10th in the 1980 National Championships and 15th in the 1982 World University Games. The other members of Japan's team were the two 15 year old Haruko Otsuka (former Champion) and Mie Takagi, and the 14 year old Mami Tokiya from Osaka, who has won a bronze medal in the 1980 Nationals and placed 4th in the 1981 Nationals.

The West German team had two experienced competitors, 19 year old Regina Weber and 20 year old Karin Luebwig, and three 16 year olds who have only competed once or twice in the National Championships in Germany. They are all students of Lutz Madlanski (the very successful coach of several West German champions (including Gernot Roscher) and himself a former Konaan champion of rhythmic gymnastics).

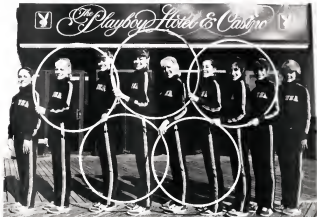
Regina Weber has since 1979 been a strong challenger to Gernot Roscher, the World Champion from the VIII World Championships in Madrid (1975) and No. 6 in the 1977 World

Championships in Basel, where many critics felt she was cheated out of a Gold medal in the ribbon event. Regina Weber appeared for the first time in a World Championship in 1979 (London) and made it to the finals in the ball event. My premonition at that time that she was to be a future champion for West Germany proved correct. In the second International Rhythmic Gymnastics Tournament in Hamburg in 1979 she then just 16 year old Regina outdid Gernot Roscher in every event in the ribbon event she even beat the Russian Dorogova, who was to become the World Champion shortly after in London. In the World Championships in 1981 she was in 10th place. Regina was also a competitor in the Three Nations International Rhythmic Gymnastics meet in Los Angeles in 1981, where she was No. 2 All Around and took Gold in rope, Silver in clubs and Bronze in ribbon. Karin Luebwig, a tall aristocratic looking young woman, has competed nationally since 1979 and improved her ranking from National Championship to National Championship, taking second place in the 1982 National Championships. She was also one of the participants in the meet in Los Angeles in 1981. The other German contestants were Monika Meschede, Claudia Zibanski and Claudia Schurzmann (alternate).

The meet was divided into three competition sessions with the All Around Competition and Team Competition taking place on Sunday, and the Events-Finals on Sunday afternoon.

Training sessions took place Thursday and Friday in the ballroom of the Athletic City Convention Center. Each Training period was three hours long with one group working out in the morning, the other in the early afternoon. A late afternoon period of two hours was set aside for open training for both groups on both days. In addition prior to each session of the team competition a controlled warm-up period of fifteen minutes was set aside for each participating team.

Watching the gymnasts' workout, it became apparent that except for Regina Weber of West Germany, the visiting teams were perhaps not represented by their very best gymnasts, while the United States team had brought nine of its top eleven



sions and its Junior Champion along for this meet. However, several of the gymnasts are still young, and with continued training and added competition experience several of them are potential champions.

Saturday morning's competition showed alternating rope and hoop routines being judged by the customary two panels of judges to allow for expediency. Each panel had two "foreign" judges and two American judges, perhaps not the fairest set up, but the only one possible when the total number of visiting judges was four and a maximum of eight judges was needed. Dr. Andrea Schmal, Chairman of the Rhythmic Gymnastics Committee, and Katsuro Takahashi of Japan served as head judges throughout the competition.

It is always enjoyable to watch the rope event. While in the early days of competition the routines consisted mostly of jumping with the rope, using different step variations and different tempi on the landing of the rope, with an occasional throw of the rope or swinging or circling it during the execution of a balance or turn or other free movement of medium or superior difficulty, the use of rope techniques has undergone a tremendous change in recent years. Within the prescribed framework of elements to be used there is still plenty of room for innovations with regard to the ways of throwing and recatching the rope. The type of rope used today seems to be weightier than those used in earlier days and most gymnasts seem to prefer a rope of equal thickness along its total length rather than the so-called weighted rope which was so popular at one time. When thrown—often at odd angles—the weightier rope appears to keep its shape better during the flight. The gymnasts find new ways of wrapping and seemingly untrapping themselves from the rope while they keep in constant motion.



Valerie Ziswiler (below), (above) Japanese Noriko Yoshida

In the rope event Regina Weber received the score of 9.45, Lydia Cumbre who was the All Around Champion, as well as the gold medalist in ribbon in the 1982 National Championships, and who had just the week before been declared Modern Rhythmic Gymnast of the Year at the USAG Congress, received a score of 9.95. Michelle Berube was in third place with 9.30. Valerie Ziswiler, who at the 1982 National Sports Festival in Indianapolis scored a 9.40 received a 9.40. The new Japanese gymnast, Mutsuko Onaka, received a well deserved 9.60 for her last routine and tied with Claudia Zibanski of West Germany.

For the first gymnast competing in the hoop event, it was definitely not her day for the event. The hoop—as the ball—is perhaps the most risky piece of equipment to handle, especially when it comes to throwing and catching. Due to its roundness it often keeps rolling away from the gymnast, if she misses catching it after a high toss. On three occasions during the first gymnast's performance the hoop rolled away for quite a distance, and as a result she missed several parts of her routine. Another difficulty is to keep the hoop in the proper plane throughout any kind of rotation or swinging of the hoop. Claudia Zibanski presented an original and interesting start from a low starting position she let her hoop roll off her left shoulder on to the floor—a risky move, if the hoop did not remain upright.

Regina Weber was again the leading scorer with a 9.40. Valerie Ziswiler presented a routine with several original and interesting rolls and tosses of the hoop and with some minor errors scoring 9.25 for her performance. At the National Sports Festival, where she was the All Around winner, she had scored an impressive 9.50 for the same routine. Lydia Cumbre who generally does well in the hoop event had several mistakes, and in her "Stagueron" trick (using her feet to bring the rolling hoop into a spin around its vertical axis, as she jumps across it) the hoop did not receive enough impulse to keep spinning up right. Her composition was nevertheless very beautiful with many high tosses and difficult moves; she earned a 9.30. The two best Japanese gymnasts, Noriko Yoshida and Kayo Hosoda, who, tied for fourth place with the score 9.05. Germany's Monika Meschede received a 9.00 for a generally well executed routine, and Anne Schatz and Lydia Thompson of Canada tied for an 8.95.

While there had been very few spectators present for the morning competition and mostly children who often wanted to show their approval or disapproval as it may have been when the gymnasts performed, the afternoon session was better attended. As in the morning session alternation of the two events—clubs and ribbon, took place, making it more interesting for the spectators.





(Above) All-around champion Regine Weber from West Germany. (Below) West Germany's Claudia Schmieser.

In the case of the clubs, new techniques have developed in the past few years. For instance, rather than holding the clubs by the knots during hand circumductions, the club is often held loosely around its middle. Often a club is made to roll across the chest down along the inside of the arm, or rolled on other parts of the body. Most tosses are extremely high, making the risk of an incorrect re-catch more prevalent. However, several of the gymnasts had ingenious ways of covering up "incorrect" catching by immediately doing something unexpected with the caught club.

The most exciting club routine was presented by Valerie Zouring. Her tempo is so fast that it borders on being frantic, and it makes each movement more precarious and the entire execution more difficult. However, Valerie came through with a 9.35, only .05 points under Lydia Crabtree, who again was impressive by the overall consistency of her performance. While Regine Weber had been a stand out so far, in this event she was outscored by the two Americans. However, she tied with Nathalie Bernhe for a score of 9.80 — her lowest score in the entire meet. Monika Meschede earned another score above 9 for a fine routine, and Kelly Zaloudick and Selma Woolery turned out their best performance of the competition in this event, scoring 8.80 and 8.90 respectively. Kelly has improved a great deal during the past year and a half, her routines are more exciting and her presentation generally good.

The ribbon event is appropriately often called the "prettiest" event. The various sketches appearing in the air are solely the result of different movements performed by the gymnast. Although most of the movements of the stick originate from either wrist, elbow, or shoulder, without accompanying total body movements the intended sketches will not be of sufficient amplitude, and the end result is either indelicate patterns or a non-participating ribbon ball or both. One of the recently developed tricks with the ribbon — the boomerang — where the ribbon, stick leading, is forcefully thrown away from the gymnast, only to be retrieved by the free end of the ribbon and



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immediately pulled back to re-catch the stick — inevitably causes deflection of point(s), as the ribbon seldom keeps a nice sleek or even falls to the ground. The problem is generally in the timing of the re-catch and successive pull.

Regina Weber demonstrated that she has what it takes to present a beautiful ribbon routine. In this event she was the absolute stand-out although Lydia came very close to tie her in the finale. Regina's routine showed originality, her ribbon patterns were clean, her body movements and dance well coordinated, her many leaps exciting, and she scored another 9.40, making her the All Around winner with a total score of 37.55 — well ahead of the rest of the competitors. Valerie's performance earned her a 9.20. Lydia and Michelle tied at 9.15, and Noriko Yoshida of Japan received a 9.05 for a nice routine.

In the All Around competition Lydia Chabrese's score was 57.00, only 10 higher than Valerie Zarnova's, and Michelle Berube followed with 36.45. The American Team II performers Stacy Overway, Amy Schultz and Kelly Zaloznick deserve praise for their efforts, which helped them finish in 7th, 9th and 8th place All Around. The three West German gymnasts Kerin Ludwig, Monika Meschede and Claudia Zibarski tied for 11th place.

In terms of team scores (determined by adding the total sum of the three highest scores for each of the four events) the United States Team I was the winner, followed by the Federal Republic of Germany, Japan, United States Team II, and Canada in that order.

In the rope event preliminary, scoring for the top three gymnasts was so close, that having any surprise one way or the other any of the three could end up being the champion. The winner was Regina Weber, even if Lydia did slightly better than she in the final. Michelle Berube met with bad luck and scored much lower than customary for her, yet she managed to earn the bronze medal. Michelle is an exciting gymnast to observe; she has trained with the Belgian coach Ms. Kubera, considered the best individual coach in Belgium, and she was a member of

Kelly Zoloznick





Lydia Gaidash

the group at the 1980 Four Continents Championships in Rio de Janeiro (2nd place) and the 1981 World Championships in Munich (11th place). In the 1982 Nationals she tied Lydia for 1st place in the ribbon event, and she was No. 3 All Around at the 1982 National Sports Festival.

In the remaining events the competition was really between Regina, Lydia and Valerie; in the hoop event, however, with a bit of luck Hosokawa and Merchele could have challenged her. Valerie gave in this event a stellar performance with a difficult routine for a high score of 9.65, so that she tied with Regina for the Gold medal. No. 3 was Lydia who did better with her "Shagavari" trick (9.25).

The club final turned out to be the most exciting event. The three top gymnasts were all within 0.10 points, all three received a score of 9.65, making Lydia the gold, Valerie the silver, and Regina the bronze medalist.

With the final ribbon event Regina took home her fourth gold medal for individual competition. Lydia's consistency in performance paid off, and she deservedly won the Silver medal, leaving the bronze medal for Valerie.

All in all the meet was excellently organized and well run. Many of our industrious Rhythmic Gymnastics members from the East Coast region contributed to the success of the meet by assisting as line judges, timers, scorers and hosts. Mrs. Irregard Forrester represented the FIG. In addition to the head judges mentioned earlier, the judging personnel included one German, two Canadian, and three United States judges.

This meet marked another milestone in the development of Rhythmic Gymnastics in the United States; our gymnasts need exposure to international competition, and as long as only a few can be sent abroad each year, a meet like this gives several more gymnasts a chance to compete, as well as many more a chance to observe.

We are hopeful that a similar meet can be arranged for next year, and that more countries will be able to participate.

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Don Peters  
Huntington Beach, California



Alta Brinkley  
Van Nuys, California



Makoto Sakamoto  
Los Angeles, California



# 1982 USGF Congress

Articles by USGF Staff  
Photography by Dave Black

## GENERAL PROGRAM

This year's Congress Program added a new dimension to the General Program. Dr. Jerry van der Smissen, Professor and Director of the School of Health, Physical Education and Recreation, coordinated a three-hour session on sport and law for coaches and administrators, trying to answer questions such as who is liable, for what, what are the elements of negligence, and what standard of care is expected. The last 90 minutes of this presentation consisted of a panel discussion. Panel members included: Dr. van der Smissen, Dr. Marc Robitoff, and Dr. Jerry George.

Additional ground presentations included Carol Hammen's "Inlet Exercise Program," "Body Alignment" by John Barrella, "Educational Gymnastics — An Alternative to Instructional Gymnastics," "McDonald's Assembly" by Mike Donahue, who is McDonald's National Director of Promotions.

In a constant effort to provide a variety of content to service Congress attendees, another area of interest to all coaches and administrators is the area of business and promotion.

Business topics included "Small Business Budgeting," presented by Carol Hammen, who has hints and ways to make your financial planning more effective. A manufacturers' round table discussion with topics relating to their contributions to gymnastics and ways which we could all work together to ensure the safety and enhancement of gymnastics participants. Pat King from New York, Connecticut, made a presentation discussing various aspects to be considered in staff hiring — pre school and instructional personnel. In another presentation, Pat discussed the marketing and sales aspects of gymnastics as a small business. Jan Clane from Chico, California, presented a session on the different aspects of grass roots promoting at all levels of the sport. Bill Jalkner from Eugene, Oregon put together his session on "Meet Preparation," a package of ideas to help make your meet a financial as well as organizational success.

*Debbie Forester*



*Empire Co-Masters of Ceremony — Olympians Kelly Johnson and Pat Forester.*



## WOMEN'S ARTISTIC PROGRAM

The 1982 USGF Congress was broken down into two aspects with regard to the Women's Artistic Program: general congress program and committee meetings. There were a total of fourteen sessions which related specifically to women's artistic gymnastics, in addition to the numerous sessions on the topics of sports medicine, biomechanics, aspects of running a meet, etc. which are all important facets of the overall women's and men's gymnastics sphere. Approximately ten committees had the opportunity to meet in Fort Worth during Congress.

The first full day of Congress, Friday, September 24, started off bright and early with an 8:00 am Dance and Choreography session presented by Donna Castro and Nancy Roach. Local gymnasts from the Dallas Gymnastics Center and Texas Academy of Gymnastics served as demonstrators in Ms. Roach and Ms. Castro pointed out basic body positions, proper head position, running poses including body waves and fundamentals essential for proper dance technique. This session continued the following morning from 8:00-9:00 am. The surprisingly large number of participants at this early morning event could only feel that their first two days at Congress had a positive beginning.

An elite judging clinic conducted by National Women's Technical Chairperson Debra Dant took place Friday afternoon and continued on Sunday morning. A detailed review of the compulsory exercises on all four events was carried out during the first session. The second session concentrated on optional elements and routines. Ms. Dant discussed new difficulty rules and some of the more advanced skills with regard to technique which judges at the elite level will be reviewing in the upcoming season. In addition the changes and new decisions from the Women's Technical Committee meeting were reiterated.

The next agenda event was Politics and the Women's Committee. Linda Ghercinola, National Women's Committee Chairperson, was the main speaker. At this session, just as at the Women's Committee General Meeting, Ms. Ghercinola explained the decisions and new policies which had resulted from the various committee meetings which had taken place prior to the beginning of Congress.

*Gymnast of the Year Peter Vidmar*



*Roger Connors presenting Coach of the Year Award to Don Peters*

Don Peters, National Women's Coach, and Rex Kremer, National Women's Assistant Coach, gave a report on the USA Women's National Team throughout the past year. Mr. Peters basically highlighted the international events in which both the senior and junior national teams were involved: 1981 World Championships in Moscow, team dual meets — USA vs Japan in Hamamatsu, USA vs Hungary in Atlantic City, USA vs FRG in Los Angeles, USA vs USSR in Gainesville, the USGF International Invitational in Fort Worth, FRG-FRG-USA Friendship meet in Peking (Beijing), and the Canadian Classic in Winnipeg which involved junior teams from Canada, France, Brazil and USA. Mr. Kremer supplemented Mr. Peters' report with interesting "personal tidbits" about the gymnasts which took place outside of the competition. Both coaches are extremely pleased with the progress of both the senior and junior national teams and especially the fact that a feeling of "team spirit" is developing.

Bela Karolyi, from Houston, was one of the main Congress program speakers. Mr. Karolyi presented ideas on a workout situation. He advocated a three-hour workout session in which there should be a concentrated effort to utilize this time period in the gym very efficiently. Mr. Karolyi recommended basic conditioning at the end of the workout. Using his own club gymnasts as demonstrators, Mr. Karolyi demonstrated a simulated workout situation with highlights emphasizing the flow of the workout, not the specific skills. Hard work was stressed, but variation and rest are just as important. During a vacation — time off — period, the gymnast should stay active however not necessarily with specific gymnastics activity. In addition the time period allowed to completely readjust must correspond to the vacation-time period.

The Women's Junior Olympic Judging session was conducted by Cheryl Grace and Audrey Schweyer. This session basically emphasized the new clothing and judging decisions which resulted from the Women's Committee and Women's Technical Committee meetings which took place in June and prior to Congress. Clarifications and changes in the definitions for the exercises were discussed as well.

By far the most well attended session of the women's program events was Kathy Johnson's leisure demonstration concentrating on balance beam. Her presentation was basic and easily under-



*Leisure demonstration by Kathy Johnson*

stood by all in attendance in addition to being applicable to all teaching and competitive levels. We covered details from basic posture to competitive confidence. As local club gymnasts demonstrated skills during portions of the two hour session. Ms. Johnson held the attention of her audience quite effectively referring to her own competition training and background. The presentation was that much more interesting and important to the listeners because Kathy was sharing her own personal experiences.

The FIG Interpretation session was conducted by Jackie Fle, FIG Women's Technical Committee member. Ms. Fle relayed basic rule changes and clarifications to the Code of Points, in addition to the Rare Value and Original Value elements which resulted from the 1981 World Championships. Ms. Fle mentioned possible trends which are developing in the international area i.e., A and B groups after the 1985 Olympic Games, replacing risk with virtuosity in the B group, and the fact that the FIG-WTC is only now giving consideration to the round-off approach vault. The new FIG supplement to the Code of Points may now be ordered from the USGF office.

More wants to attempt to understand how the USGF women's artistic gymnastics structure is proposed to work, one place to freely do this is at the USGF Congress. Here there exists the opportunity to see a schedule of meetings for the numerous different committees as well as the faces of the members in these committees. Perhaps it is then possible to organize them in one's mind.

Committee meetings took place among the Women's Technical Committee, Women's Elite Development, Junior Olympic Girls, Women's Coaches Officers, Women's Committee Executive Board, Women's International Program Committee, Certification Committee, USGF Judges Training, and NAWGJ Governing Board and State Judging Directors. One good aspect of having this many meetings take place at one basic time period, and in several instances, simultaneously, is that one committee is able to obtain a decision from another committee, in case this information is necessary for the original committee to make a decision.

Highlights of the basic decisions which took place at several of these meetings include:

Top 21 from the 1985 Championships of the USA will be the Senior National Team. There will be two group rankings for Juniors. One will be the result of G/O competition of the Juniors who are 14 in 1985. The other will be the result of testing (30%) and optional (70%) of the Juniors who remain under 14 in 1985. These rankings will be the result of the National Sports Festival 1985.

Round-off entry vaults will be allowed on an experimental basis at the Elite level only. If performed at the Junior Olympic level, they would receive a zero.

The minutes of these committee meetings which took place at Congress will be published in the "USGF Technical Journal," other they are approved by the USGF Executive Committee.

The 1982 USGF Congress was extremely successful with regard to the Women's Program. Many types of sessions were available, and the Congress participant was not offered the same type of event throughout the four day period. An opportunity to learn and gain much was provided. Unfortunately often times the Congress participant had to choose which session to attend as there were simply too many activities going on simultaneously.

**Becky Ritt**

## MEN'S ARTISTIC PROGRAM

The Men's Program for the 1982 Congress was well attended, informative and successful. In fact, this year it was perhaps better than in previous years. For example, the Junior Olympic Development Program had a noticeably increased interest. Organization is



The USGF McDonald's Corporation sponsorship discussed by Mike Donohue of McDonald's (above) (Below) One of 50 exhibitors





*Kathy Johnson (above) gave an excellent balance beam lecture demonstration. (Below) USGF Men's Program Director, Masayuki Watanabe.*



a whole was better, coaches could choose to attend sessions involving sports medicine, biomechanics, lecture demonstrations, dance, judging, committee and various organization meetings.

Perhaps the most noticeable change from years past was the emergence of the US Elite Coaches Association for Men. The USECA Men is now a viable and recognized association. Jim Howard is their elected President. At Congress they held business and technical sessions and a coaches-panel discussion. The USECA Men's technical session included talks from: Francis Allen, Head coach at the University of Nebraska, on Production of Handstands and a pommel horse film centering on progressions for loop-ladder circles and Major Travers; Fred Taroff, Head coach at Temple University presented "Arm Position and its Mechanical Effect on Twisting Somersaults"; Fred Hochhuberger, Head coach at the University of Minnesota, spoke on the concept of "Measuring Training Loads — The Counting of Elements and Its Usefulness"; and Jim Howard, Assistant coach at the University of Nebraska also presented a film and spoke about training facilities and the program he had observed in Moscow. These presented materials were excellent in terms of the depth of thought, and their help in the training of elite level gymnasts.

There were three sessions involving the Junior Olympic Program. On Wednesday and Thursday they held their annual board meeting to discuss business and rules as well as policy changes. The 1983 Junior Olympic Nationals for boys was announced to be held June 25-28 in Eugene, Oregon hosted by the National Academy of Artistic Gymnastics. The annual qualifying scores were also modified. Class II was raised to 90.00 points, Class I remained the same at 95.00 points and Jr. Elite was also raised to 105.00 points. Also new to this years Congress was the formation

of the Junior Boys Gymnastics Coaches Association. The formation took place during the Jr. Olympic general session which was well attended from the previous year and now has over 200 members. The officers of the JBGA are: Jerry Lee from Topeka, Kansas — President; Bill Austin from Houston, Texas — Vice President; and Ray Gura from Avon Lake, Ohio — Secretary/Treasurer.

On Saturday morning, Lecture Demonstrations were given by Tom Gardner from Sacramento, California on Under bar and Top port Parallel Bars Swing, Yuchi Tomoto from Tucson, Arizona spoke on the current trend in pommel horse double leg circles, and Wai-chiao Miao from San Jose, California discussed the best swing as applied to pommel horse, rings parallel bars, and horizontal bar. At the afternoon session, after a short lunch break, Kenneth Allen and Fred Bloethlisberger presented the materials from the USGA Men's Technical session and Max Wanauske, USGF Men's Program Director presented new trends in floor exercise composition. Papers presented at Congress from the many technical sessions will be re-printed in ensuing issues of the USGF Technical Journal.

The National Association of College Gymnastics Coaches-Men held two business sessions. A major topic of discussion and concern was the overall growth of boys' and men's gymnastics at all levels from clubs, the local school systems and the colleges. Also an area of continuing discussion centered around judging and its current trends. Jerry Wright is foregoing the NAOCG Statistical report. Wayne Young at BYU will pick up the slack. Contact: James Carlson, 100 SFT BYU, Provo, Utah 84602.

#### Max Wanauske

(Below and above right) Bela Karolyi centered his talk on twisting. (Below right) A record number of exhibitors attended this years Congress.





*Lydia the Crabtree (below) Rhythmic Gymnast of the Year, Jan Carter (above left) spoke on judge's relations and Betty van der Meulen (above) gave an insightful talk on safety and the late Rex Krutner (far right) reviewed the competitive year for the USA Women's Team.*

#### **RHYTHMIC GYMNASTICS**

For the first time, the USGA Congress offered an extensive Rhythmic Gymnastics program for all interested participants at all skill levels. There appears to be a definite interest in this new "Olympic" sport demonstrated by the large number of participants in all of the classes the Congress had to offer. The National Rhythmic Gymnastics Committee meetings was also held again in closed session.

For the first time, several participants/lecture demonstration sessions were offered. Monica Hedbut, Patty McGuey and Barbara Fesus taught a class on "Basics." There were approximately 20 participants and 50 observers at this seminar.

The second and third sessions combined "New Trends" and "Advanced Skills" in Rhythmic Gymnastics. This session was given by Olympic Coach Alla Ivinskaya. Alla gave us insight to the "nuts and bolts" of how to perform many of the advanced tricks.

At the end of the session, National AA champion Lydia Crabtree demonstrated her routines in all events (rope, hoop, ribbon, and clubs). As the saying goes, "One picture is worth a thousand words." She sure sold this beautiful sport to all who were present.

A Planning Meeting for State and Regional Directors chaired by Andrea Schmid was also conducted for the first time. Its main purpose was to keep our state chairmen up to date on the development of this sport especially about the Age Group Developmental and Judging Certification Programs. Discussion groups were formed at the end of the meeting in order to exchange ideas as well as schedule the national calendar for rhythmic events. Everyone present felt that this meeting was very beneficial.

The "Rhythmic Community" looked forward to honoring the "Gymnast of the Year" who happens to be Lydia Crabtree. "The Coach of the Year" is second time chosen Alla Ivinskaya.

The USGA Congress was very well organized and provided an excellent program. Opportunities were given to discuss events, clinic schedules. Participants were given the chance to try out basic skill techniques as well as new skills. Coaching techniques were also discussed and demonstrated. We are all looking forward to the next Congress.



**Annual Report: — Competitions —** 39 Domestic, 7 International, Exhibitions — 34, Clinics — 25 Compulsory, 28 Optional  
**11 Judging, R.G. Clubs and Coaches —** 48, R.G. Registered Athletes — 212, Judges — 44

**Andrea B. Schmidt**

#### SPORT SCIENCE REPORT

Again this year at the 1982 USGF Congress, the sports science Committees and presentations made a major contribution to the program and provided all Congress attendees a wealth of knowledge and reference material to draw from and take home.

The USGF Sports Medicine committee lead the presentation. They have made a tremendous contribution to our athletes through their education articles in the USGF Gymnastics Magazine and their efforts and expertise are greatly appreciated. Dr. James Garrick from San Francisco's Center for Sports Medicine coordinated the presentation. He covered "Predicting and Solving Medical Problems in the Gym." He and Jack Rockwell also from the Center for Sports Medicine and a U.S. Gymnastics National Team Trainer discussed "How to Get Good Medical Care for your Club." In addition, Mr. Rockwell covered "What's Wrong with Stretching Programs?" Dr. Neal Saut from the Harsco (Yorba) Orthopedic Clinic covered "Diagnosis of Common Knee Problems." Dr. Gary Winkler from the Cleveland Clinic and Ron Grooms made a special presentation, "A Study of the Types and Frequency of Gymnastics Injuries," which is a study they conducted in the Cleveland area that looked at the type and frequency of injuries sustained in private clubs by both competitive and recreational gymnasts. This is an ongoing study and we are looking forward to updated data which will help coaches and program directors in establishing injury prevention programs.



### WHERE IS THE 1983 CONGRESS GOING TO BE HELD?

Where is the largest concentration of USGF members?

Where is an airport with competitive air-fares that match any in the Central U.S.?

Where is a hotel that's adjacent to a major airport and provides economical metro transit to its exciting downtown?



Where is a hotel with adequate meeting room space, exhibit hall space, ballroom space, and guest rooms, i.e., facilities to meet all Congress needs?

Where is an exciting city that meets the cultural, competitive, and dynamic interest of our membership?

**ANSWER: The Crystal City Hotel, in the Washington D.C. area.**

**October 6-9, 1983**

Mark your calendar now and make plans to attend! This Congress will set the stage for 1984. We are challenged to meet the '84 Olympic Movement and how it can benefit all of us at all levels of involvement.



For the physiology portion of the program we were fortunate to have this presentation endorsed and cosponsored by the American College of Sports Medicine. This presentation was coordinated by Dr. Peter De Karen, vice president of Basic and Applied Science at the American College of Sports Medicine and Director of Research at the Institute for Human Fitness here in Fort Worth. The featured speakers included: Dr. John Lombardo from Cleveland, who spoke about nutrition and the use and abuse of drugs as aids in gymnastics; Dr. Joshua Morrison from University of Texas at Arlington, who spoke about the difference in quantity compared to quality in training with respect to muscle fatigue and muscle fiber recruitment; Dr. William Gompes from the University of Texas Health Science Center in Dallas, who spoke on different muscle fiber types and the limiting factors of performance; and Dr. Michelle Warren from Roosevelt Hospital in New York, who spoke on the proper and improper procedure of weight loss and the effects of hormonal imbalance. To conclude this presentation, these speakers and additional guests conducted a panel discussion.

In the Sports Psychology sessions, Dr. Keith Herschen, from the University of Utah, Salt Lake City, explored the psychological ramifications of competitive gymnastics at different levels as well as what is available for coaches and how they can utilize limited resources. Dan Gould, from the Kansas State University and a primary lecturer for the American Coaching Effectiveness Program (ACEP), covered the complexity of balancing a gymnast's motivation and how motivation affects performance success.

The Biomechanical Task Force, headed by Dr. Gerald George, equipped coaches and judges with even more educational ammunition from their area of the science of sport. Dr. George presented "Specificity Training for Competitive Gymnastics," covering a system of power training exercises designed specifically for the competitive gymnast. Dr. Chic Johnson from Southwestern Missouri State University, showed the interrelationship between the psychological and biomechanical factors in performance. Dr. Sid Fredericson from Metropolitan State College in Denver, presented a patented video tape entitled "Physics and the Gymnast (Rotation)." This tape defines and reviews terms and uses gymnastics to illustrate rotation about axes which are in item moving through space. Dr. Jerry Calkins from Eastern Kentucky University, made a presentation entitled "Mechanical and Other Analysis in Gymnastics," covering mechanical analysis in gymnastics and related topics. Bill Banks from the Mid America Twisters, Northbrook, Illinois, presented a graphics look at Delcheva on women's uneven bars from a film analysis of actual performance.

**Debbie Forester**

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## GYMNASTS OF THE YEAR

One highlight of the banquet was the announcement of Johanne McManusa, Peter Vidmar and Lydia Bece Crabtree as the 1982 USGF "Gymnasts of the Year." The three were honored for their accomplishments in women's artistic, men's artistic and rhythmic gymnastics respectively. Each gymnast was presented with a plaque, of himself followed by a photo tribute, both done by USGF artist/photographer, Dave Black.

Seventeen year old Johanne McManusa is a two-time recipient of the USGF Gymnast of the Year award and in her third year as a USA National Team Member, she argued there just about every competition. Her conquests include all-around championships at the McDonald's American Cup at Madison Square Garden, the International Mixed Pairs (with Ben Corner) the Pacific Cup in Australia and the USA/GSAA dual meet held in Los Angeles. She was silver medalist at the Championships of the USA, losing out to Tracee Talavera, and she had started out the competitive season by placing seventh at the World Championships in Moscow — the highest finish ever for an American woman.

McNamas said of her year, "I'm really happy. This was a really good year for me, especially World Championships. That was my first World Championships where I had competed with so many different countries. It was just a great experience. I was really happy I did so well."

The 1980 Olympic year also accomplished the goals she had set for last year, which were to make the USA World Championships Team, better herself, internationally and compete more internationally. What's Johnson planning for this season?

"I want to try and do really well at World Cup and then I'm looking forward to the '85 World Championships and in trying to make the USA Pan American Games Team," McNamas says. "And then of course '84."

Gymnast of the Year, Peter Vidmar had a phenomenal year. The 21 year old UCLA senior captured the coveted NCAA All Around title, wrestling it from the grasp of Nebraska power-house, Jim Hartung. Vidmar topped his NCAA Championship by winning the gold medal in the all around at the McDonald's Championships of the USA in Syracuse, New York.

The number one USA ranked gymnast also fared well against the world. In the "USA versus the World" series, Vidmar placed second, fourth and eighth respectively against world powers the Peoples Republic of China, Soviet Union and Japan. To start the season, Vidmar placed 13th AA in the World Championships.

"I was really happy with the accomplishments (of this year). I think that this year, in terms of competition, was really the best year for me — being well-prepared for competitions and getting in condition," said the Los Angeles native. "I think there were certain tricks I would like to have done. I'd like to be stronger, but I certainly can't complain."

"My main priorities now are the 1985 NCAA Championships — this being my last collegiate year — the '85 World Championships and the 1984 Olympic Games." After four consecutive years as the runner up at the UNGF Rhythmic National Championships, 1982 Gymnast of the Year, Lydia Brice Crabtree finally captured the gold medal by beating out Valerie Zilmer and seven year USA National Team Member, Sue Sofie. This culminated her triumphant 1982 season which also included such noteworthy accomplishments as placing fifth all around in the American Invitational and becoming the Champion at the Rhythmic International Invitational in Atlantic City, New Jersey. Crabtree's 1982 season also included a hard-fought and close contest at the USOC's National Sports Festival where she placed second in the all around competition.

"I think this year was really good. I'm so pleased about everything. It's like a dream come true," says Crabtree. "Last year too I felt great because I was so consistent in every meet. I don't think there was one meet that I totally bombed."

For the coming competitive season, Crabtree is concentrating on the Four Continents Championships.

"My main goal now is for the New Zealand trip. After that I'd like to do more exhibitions, more things to promote the sport around the country."

Following the presentation of the Gymnasts of the Year, the Coaches of the Year were announced. Don Peters of SCATS, Alla Sosnyk of the LA Lights and Makoto Sakamoto of UCLA were tapped for the honor.

Peters has been the USA National Team Coach for two years taking teams to Austria, West Germany, Peoples Republic of China, Soviet Union, Hungary and Japan.

Alla Sosnyk has also been designated as the 1984 Olympic Coach. She is currently part of the USA Coaching Staff for 1982, and has coached many Rhythmic Gymnastics champions, among them is Lydia Crabtree.

Makoto Sakamoto is the assistant coach for the men's USA National Team and has been helping to coach the outstanding UCLA team for five years. Sakamoto has coached the USA Team through many competitions and cites Vidmar as one of his proteges.

**Kathleen H. Delnoo**



*Masters of Sport — George Nissen and Glenn桑迪*



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# INTERNATIONAL

## AUSTRALIA

### MELBOURNE/CANBERRA

#### WOMEN'S REPORT



**PACIFIC RIM CHAMPIONSHIPS** — The top four Los Angeles to Melbourne, Australia, took approximately 25 hours. We went by way of Honolulu, then from Honolulu to Fiji. The flights were relatively light and there was room for the girls to lay down and sleep, so they were in pretty decent shape when we arrived.

The hall was very well equipped with all Australian equipment, the identical equipment to be used in the competition. The bars were very nice. They had an unusual adjustment device. The floor was an Australian version of the A&P spring floor (plywood with coil springs), but they use concentric coils that fold down inside themselves. The matting on top isn't quite as thick as our 1 1/2" from that it was very adequate. The vaulting boards were bladder air boards, and were basically springier than our American springboard.

In training, we just did handspring vaults getting used to the mats and the boards, then we went through a little work on bars. It was a little difficult. The bars were quite close to the walls, so we weren't able to do mounts or dismounts. The beams seemed good. The girls were in good spirits and all in all it was a pretty good workout.

The next morning, we worked out at 10:00 in the same hall. This workout, Julianne McNamara was a little nervous on vault because she was working on a new task (Think fall), but they were very good. Gina Stallone wasn't up layouts. Michelle Goodwin is doing full owl off and Pam Bileck is doing neck handspring. On balance beams were pretty well. On floor we just danced through and did layout routines, we didn't do any hand tumbling.

*"On floor exercise ... Pam Bileck scored a 9.4 with a very steady routine ..."*

**AUSTRALIAN CUP, MELBOURNE** — The Australian Cup was a two-day competition with uneven bars and vault as the first day of competition and balance beam and floor exercise in the second day. We started off on vault and were the fourth to compete. Our first three girls had their vaults: Goodwin 9.45, Bileck 9.50, and Stallone 9.70. Last was Julianne McNamara who did a Tsukahara full twist and scored a 9.9. She rose from the horse making her form look very good and she stuck the landing.

Our next event was uneven bars and first up for us was Gina Stallone. She had some trouble with the whip front, causing a stop in her exercise, and as a result she scored an 8.95. Following Gina was Pammy Bileck who did a very nice job and scored a 9.55. She had a very clean routine and finished with a free hip half turn to handstand and an immediate pike Connect dismount that was done very high and the landing was good. After Pam Michelle Goodwin had her routine and impressed the crowd with her round off Arabian mount. She was in a little bit of trouble on the whip front with handstand that she does, but she managed to hang on by her fingertips and kept the routine going to score a 9.7. Julianne did her new routine with front giant front in the routine, scoring 9.90.

The Chinese team preceded us on bars. They were typically Chinese displaying good form, good timing. One girl was very exciting and dismounted with a full sit. They were a little erratic, and they had a couple of misses.

The second day of competition, we started on balance beam and were the fourth team up. Michelle Goodwin started for us and had a very shiny routine. She fell off twice, once on her flip flop, flip flop, tuck back, and once on her side aerial flip flop. We had started Michelle on beam for us because we felt she was a very steady competitor and has been steady for us throughout the entire last year and a half. Pam Bileck came up next and she picked up the slack for us. She had a very nice balance beam routine and scored a 9.8. That got us started. Next went Gina who did an excellent routine. Her round off tuck was very nice, landing was good. She's doing a new routine. The elements are the same, but the dance is changed. However, she put her hands down on the dismount, Julianne was next and got through her routine without a major break, but she had a couple of bobbles — one after a giant layout and a slight bobble after the straddle jump. She scored a 9.65. Gina's score was 9.4. So our counting scores on beam were 9.3, 9.4, 9.65. The highest score in the event was Gin Shi Sheng from China with a 9.75.

*"The combined overall score, totaling men and women, put the Chinese team in first and the U.S. team in second."*

On floor exercise, we started Michelle Goodwin who had trouble with her triple full, and scored 9.05. Pam Bileck scored a 9.4 with a very steady routine, one high double pike dismount, and a clean double full dismount. Gina did a real good job with her routine for a 9.6. Morning with a double tuck, 1 1/2 through to full in the middle line, and dismount full in the end. She had a little form break on the double full in the end as her legs crossed on the take off. Julianne finished up with a 9.7, with very clean tumbling. She didn't do her full sit, she mounted with a double pike, did a Russian front through to double twist in the middle and dismounted with a double twist.

Results of the competition: The United States Team placed first with a score of 115.30, the Peoples Republic of China was second with 113.65, the Japanese team surprisingly upset the Canadians and came in third with 109.75, the Canadians were fourth with 106.6. The Canadian went one girl short. One of their girls was injured on the first event and didn't continue the competition.

**PACIFIC CUP, CANBERRA** — The next morning we were bused to the airport and took a short 35 minute flight to Canberra. We had training scheduled that day at 1:00 pm at the National Sports Institute which allows the areas where the next competition was to be held. They're National Training Center is for army and the finest training center I've ever seen anywhere in the world. It's at least 30,000 square feet with a pit that runs the whole length of the gym. It's a deep loose foam pit with about 4' cubes of very precisely cut foam. All the equipment is new. It's all Acramat equipment, the Australian manufacturer. There's one piece of each apparatus over the pit: a ring stand, high bar, uneven bars, a set of men's parallel bars beside the pit for dismounts, a balance beam that you can dismount into the pit, a pommel horse, a set of two vaulting ramps into the pit, a slant interpole, full size bed trampoline with one end mounted floor level with the backside going into the pit and the front end is on a hydraulic lift and can be raised and lowered at the touch of a button.

Outside of the pit, there is another area where each piece of apparatus has an inground pit about 2' deep, vinyl covered foam pit surface into the floor at floor level. They had a ring stand over that, a high bar and a girls uneven bar. Then there are numerous sets of apparatuses set within regulation on the floor, about four or five balance beams and three sets of uneven bars. There was only one floor exercise mat.

We worked out in this facility and seeing that Julianne and Fun had hit four very solid events the day before they just stretched and swung a little bit on the bars. Gina and Michelle worked double again they had trouble with in the first competition. Michelle did some double-backs into the pit. She then came out onto the floor and did quite a few problems. We decided for the second meet like wouldn't do the triple twist, but instead do a double somersault. Michelle also worked very hard on the two elements that she missed in her beam routine.

The next day there were seven teams in the competition divided into two groups, a group of three and of four. They were ranked based on the results of the Australian Cup competition in Melbourne. The U.S. team competed shortly after 9:00 p.m. so we had to spend five hours there before we competed. They had a timed warm-up on the meet apparatus of 10 minutes per team, which is a relatively decent timed warm-up if you're going to compete shortly thereafter, but we competed four hours after our timed warm-up. In the morning time we went into the training center. There's a tunnel connecting the two buildings and we could walk out in there, even though it wasn't the same apparatus.

We started out on vault with Michelle Goodwin starting out for us and scoring a 9.95. Fun finished next second and again scored a 9.5. Gina did two layout. Trunk and she did legitimate layouts. This was interesting because she did real layouts on this meet and scored 9.3, where in the previous meet she did a pike. Trunk and scored a 9.7. There was a different panel of judges, different superior judge, and I think that accounted for the difference. Julianne did a Trunk half and it was a good vault to score a 9.70.

*"The participants and the spectators alike felt that they were sharing a moment akin to the ('56) olympic games."*

The next event was bars where Gina started off and got through her routine without any major breaks and scored 9.20. Michelle Goodwin did her moment very well and started off with what I thought was going to be an excellent routine. But she couldn't hang on in her front somer with a major break and scored about a 9.0. Julianne started out with an excellent routine, the moment was better than it was in the first meet. She was swinging perfectly up to the front giant front and she actually swung the front giant front very well, but she hung a little too long and she couldn't hold on to the front catch and came off.

Then the balance beam. At that point in time, with two broken routines on bars, we were very close to the Chinese, but the girls came back strong on beam. We changed the order around with Panny starting instead of Michelle. Fun started off with a good routine. She was a little shaky and seemed to be under a little more pressure starting for the team than she had been in the first meet where we had her up in the middle of the lineup. Michelle went next and hit a very solid routine. Gina went third and hit an excellent routine and made her double-back dismount. Julianne went last and also did a better routine than the first competition. So we came back real strong on beam with four hit routines and moved ahead of the Chinese again.

On floor we got through without a break. Michelle did a nice double-back mount and finished her routine well. Gina, Fun and Julianne's routines were about the same as the first meet. I think Julianne's mounting was a little bit lower than she was in the first meet, but she had no problems, landed everything well and scored about the same.

The final results of the second competition in the Pacific Cup: The United States was first approximately 150 points ahead of the Chinese who came in second. The Canadians managed to beat the Japanese for third, and the Japanese were fourth, Australia was fifth, New Zealand sixth, and Hong Kong was seventh.

The combined overall score, totaling men and women, put the Chinese team in first and the U.S. team in second.

Don Peters

## PACIFIC CUP CHAMPIONSHIPS SEPTEMBER 20, 1982 CANBERRA, AUSTRALIA

NAME	TEAM	V	B	BE	FX	FL	TOTAL
Julianne Williams	USA	9.20	9.00	9.10	9.10	9.40	54.80
Panny Goss	USA	9.00	9.00	9.20	9.00	9.70	45.90
Fun Kuching	PRG	9.10	9.10	9.00	9.00	9.70	45.90
Erica Stahara	USA	9.00	9.00	9.00	9.00	9.70	45.70
Michelle Goodwin	USA	9.20	9.20	9.00	9.00	9.40	51.80
Rosina Rodriguez	CAN	9.00	9.20	9.00	9.00	9.70	45.90
Doni King	PRG	9.00	9.00	9.00	9.00	9.70	45.70
Tracy Chappin	PRG	9.00	9.10	9.00	9.00	9.70	45.80
Wendy King	PRG	9.00	9.00	9.00	9.00	9.40	45.80
Ann Marie Gosselin	CAN	9.00	9.00	9.10	9.00	9.40	45.50
Andy Nelson	USA	9.00	9.00	9.00	9.00	9.40	45.40
White Clark	JAP	9.00	9.00	9.00	9.00	9.40	45.40
Yoko Honda	JAP	9.00	9.00	9.00	9.00	9.40	45.40
Don Peters	JAP	9.00	9.00	9.00	9.00	9.40	45.40
Joanna Hagmann	JAP	9.00	9.00	9.00	9.00	9.40	45.40
Kelly Brown	USA	9.00	9.00	9.00	9.00	9.40	45.40
Christine Douglas	NZL	9.00	9.00	9.00	9.00	9.40	45.40
Teresa Johnson	AUS	9.00	9.00	9.00	9.00	9.40	45.40
Kristi Miller	AUS	9.00	9.00	9.00	9.00	9.40	45.40
Shirley Ellis	NZL	9.00	9.00	9.00	9.00	9.40	45.40
Lucy Hickey	NZL	9.00	9.00	9.00	9.00	9.40	45.40
Kari Galloway	AUS	9.00	9.00	9.00	9.00	9.40	45.40
Pauli Thompson	AUS	9.00	9.00	9.00	9.00	9.40	45.40
Ann Assenator	NZL	9.00	9.00	9.00	9.00	9.40	45.40
Pauli Thompson	PRG	9.00	9.00	9.00	9.00	9.40	45.40
Doni King	PRG	9.00	9.00	9.00	9.00	9.40	45.40
Don Peters	PRG	9.00	9.00	9.00	9.00	9.40	45.40
Yoko Honda	PRG	9.00	9.00	9.00	9.00	9.40	45.40

### TEAM RESULTS

TEAM	V	B	BE	FX	FL	TOTAL
USA	28.00	28.00	28.00	28.00	28.00	144.00
PRG	28.00	27.75	28.00	27.75	27.75	141.25
JAP	27.50	27.50	27.50	28.00	27.75	141.25
AUS	27.50	27.50	27.50	27.50	27.50	138.00
NZL	27.50	27.50	27.50	27.50	27.50	138.00
PRG	27.50	27.50	27.50	27.50	27.50	138.00

## MELBOURNE/CANBERRA

### WOMEN'S REPORT

**PACIFIC RIM COMPETITIONS:**—"The first major international gymnastics competition staged in Australia since the 1956 Olympic Games took place in Melbourne and Canberra September 17 and 20, 1982. Heading the list of international teams were representatives of three of the giants of modern competitive gymnastics: Japan, China and the United States."

The preceding paragraph is indicative of the media prestige given the "Australian Cup" and the "Pacific Cup" competitions. The participants and spectators alike felt that they were sharing a moment akin to the Olympic Games. Almost as though the sports of these 1956 Olympians were passing and saying "go for it," and "put on a show for these fine people of Australia," and a show it was.

Australian Cup: The first session of the competition was held at the same site that the 1956 Olympic Games Gymnastics Competition was held. The men competed in FX-PH-SB and the women went through their paces on vault and bars. In this session I served as superior judge for FX and quickly realized that this was going to be the most honestly judged international meet I had ever participated in (having judged in East Germany, Brazil, Italy, Canada and Mexico and several international teams and dual meets in the U.S.). This outstanding judging remained true throughout the three days of competition.

A well planned and efficiently run judges meeting prior to the first competition (chaired by the very able and friendly Jeff Chender of Australia) actually set the tone for the entire competition. During this meeting, a special session was held to point out the original moment we could expect to see in the event. Those moments were: Riser Double front stall, Thousand First body turn (I think it went counter-clockwise), back stall with double front to immediate punch front (1/2), side salto to give roll. Personnel it was pointed out that the combinations were so complex as to define description and that the judges were on their own. Rings: About one fifth dismount, Yanki handspring 1 1/2 with 1 1/2 twist. Parallel Bars: giant with 1/2 turn, Varento loop (1/2) High bar: one arm giant to release and regrab turn. I was also impressed with a takeinto with 1/2 twist to handstand on top of the high bar (performer came out to the absolute vertical position after 1/2 turn) and with a parallel bar sequence of — punch to handstand on end of the bars, to wrist to handstand again still on the end of the bars, to immediate giant to handstand to the middle of the bars, to front grip. On the pommel horse the Chinese did exceptional good double leg ork, high amplitude and extended with excellent difficulty and one of the Japanese did several triple fly a ways from the high bar, both in practice and in the competition, that were absolutely excellent with no lack of control whatsoever.

Unfortunately, during the first session it quickly became obvious that most of the gymnasts were not in top-competitive form. They did put on a fine show but some were very rough in spots and apparently left out some difficulty. Byong of Australia won short a 1/2 point in EX and Matt Amos may have been caught leaving out a 1/2 point in EX. Two or three of the AA performers did look very good though.

The second night the men performed on V-PB-HB and the women finished up with BB and PX. I was on vault this session with a very gracious gentleman by the name of Trevor Craig, from New Zealand, and the superior judge I got the impression Trevor was New Zealand's Glenn Swadlow (Robert, publisher, etc.).

Once again the judging was amazingly good. The only problem with the judging is my opinion, was that the scores were 8.5 to 9.4 and should have been 7.5 to 9.4 but the best scores went to the best performers and that is itself quite this meet as historic event.

The Hong Kong team, competing for the first time in an international event, was understandably weak, but being in there and showing a lot of class under difficult circumstances. Ability-wise the Hong Kong team would not have qualified as an All-American high school team in the States. The Australian team looked quite good but the Japanese gymnasts made several major errors which they seem eager to do, recently.

The U.S. men's team did a marvelous job considering the time of the year for them. Brian Merker was injured in the last event of this meet and in the second meet he was only able to compete in PULLING as a third place finish by the men there was fantastic

A major problem, in this account (and the next account) is how my point of view was the midpoints that vista that one of the Chinese said. It was actually more like a Catterio into a back with a full twist and performed with the worst possible form. What does one do with a skill performed for the first time with poor form? We all gave a 9.9 but I felt uncomfortable about it. Not unlike when the Cuban young-aged handspun double front and landed in a deep squar or even on his butt as first reported by Sam Allen. Ken I'm assuming, left the same conclusion have just expressed but suggested that a great deal of latitude could be given on a new move.

Pacific City in California, the National Capital, the competition was all in one night (see results). — six men's events and four women's events at the same time and place beautifully. On the floor exercise, the men and women surely showcased performers and the event did not even hold up the other events. In this competition I again served as superior judge on FX and almost every gymnast did a better job than in the previous competition.

**Jerry Wright**

PACIFIC CUP CHAMPIONSHIPS  
SEPTEMBER 20, 1962  
CANBERRA, AUSTRALIA

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TEAM DESIGN 75

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**Abstract**

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# COMMON KNEE PROBLEMS IN GYMNASTS

Neal C. Small, M.D.

Sports Medicine Editor, U.S.G.F. Magazine

Knee injuries are very common in all sports. Knee injuries in gymnasts have been shown to be one of the most common causes of time lost from workouts and competition. Gernick and Requa found 80% of gymnasts in their combined study of high school, club and college athletes, had knee problems. Only the split and split were found to be areas more frequently injured. In the recent study by Garton Weiker and Ron Garton, presented at the U.S.G.F. National Congress at Fort Worth, the knee was found to be the most common site of overuse syndromes. Overuse syndromes are injuries resulting from repetitive use and multiple minor traumas rather than a single severe episode of injury. This study from Cleveland included 675 gymnasts, both male and female. There seemed to be a particularly

frequency. With an injury of this nature, the athlete feels a "pop" or sudden swelling in the knee at the time of injury. The knee swells rapidly and is quite painful. Obviously, the athlete with a knee injury of this magnitude, should be seen by a physician for evaluation of the knee as soon as possible. A complete tear of the anterior cruciate ligament may require a surgical repair depending on joint body and other factors.

Knee cartilage injuries (Fig. 1) are not uncommon in gymnasts. These usually result from activities which cause hyperflexion of the knee or flexion and rotation. The athlete may describe a grinding in the knee at the time of injury, but usually not a loud "pop" as seen with a cruciate ligament tear. Knee swelling usually occurs, but over a period of several days and usually not within the first 24-48 hours. The diagnosis is often made clinically by examination. Another means of diagnosing these problems is arthrography where dye is injected into the knee to coat the cartilage for visualization. Arthrography is not as commonly used now as in previous years because of the evolution of arthroscopy. Arthroscopy is the technique of visualizing the interior of the knee joint using a small telescope. If a cartilage tear is identified, it can often be corrected arthroscopically thus avoiding an open surgical procedure. This speeds recovery significantly. Unfortunately, not all injuries to the knee cartilage are amenable to treatment arthroscopically. Some require an open operation resulting in a somewhat longer recovery time.

Involvement of the kneecap (patella) in gymnasts is now known to be very common. Kneecap difficulties may be of a severe nature such as a complete dislocation or major partial dislocation of the kneecap. Other types of less severe, but still significant involvement, include kneecap (patellar) maltracking (Fig. 2), chondromalacia and jumper's knee (Fig. 3). Chondromalacia by definition implies permanent structural damage to the joint surface of the kneecap. Very little, if any structural damage to the joint surface of the kneecap is actually encountered in young gymnasts. As a result, the diagnosis of chondromalacia is now made less frequently and the exact nature of the problem such as recurrent partial dislocation (subluxation), maltracking or jumper's knee (patellar tendinitis) is more often diagnosed.

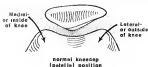
Jumper's knee (Fig. 3) is inflammation of the tendon at the lower margin of the kneecap. It can often be quite inflamed and swollen. In certain cases, bone fragments or bone spurs may form at the lower margin of the kneecap. Because of the jumping maneuvers which are so common in gymnastics, this is a rather common problem. It is treated symptomatically with a brace,

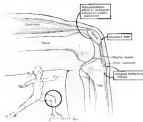


Front view of the knee joint

high incidence of knee problems in the Class I gymnasts. The types of knee injuries seen in gymnasts are no different than those seen in other sports such as football, basketball and running.

Knee ligament injuries in gymnasts are fortunately uncommon when compared to the incidence of ligament injuries seen in other athletes. Injuries to the collateral ligaments (Fig. 1) on either side of the knee are rare because these usually occur as the result of a direct blow to the knee. Injuries to the anterior cruciate ligament (Fig. 1), however, are often the result of a twisting maneuver and are unfortunately seen with more fre-





heat and ice contrast and oral anti-inflammatory medications. In an occasional patient, surgery is required to remove bone fragments.

**Kneecap (patellar) disorders** such as recurrent patellar dislocation (subluxation) and maltracking are often quite difficult to diagnose. They may mimic other knee problems such as damaged ligaments or cartilage. Generally speaking, the symptoms include pain in the front part of the knee, popping or grinding and perhaps occasional buckling of the knee. The buckling in these cases, is the result of the thigh muscles suddenly relaxing when the kneecap catches.

The treatment for recurrent dislocation of the kneecap is often surgical because of the disabling nature of these recurring episodes. There are many different procedures used to correct recurrent kneecap dislocation. Most of these procedures involve tightening the front thigh muscle (quadriceps) or changing the alignment of the kneecap (patellar) tendon. Recently some surgeons have treated selective cases arthroscopically. The treatment for recurrent patellar dislocation (subluxation) and maltracking usually involves exercises to strengthen the front thigh muscles (quadriceps muscles) and a kneecap (patellar) brace. On occasion an arthroscopic procedure to loosen the outward pull on the kneecap is performed. This procedure is called a lateral retinacular release.

Another common knee problem in young athletes is all sports is Osgood-Schlatter's disease (Fig. 3). This problem presents as swelling, aching and tenderness at the insertion of the kneecap (patellar) tendon into the prominence below the knee (tibial tubercle). This involves the upper end of the kneecap (patellar) tendon as jumper's knee. The cause of the inflammation is traction on the open growth plate of the prominence (tibial tubercle). The treatment of this condition in past years included casts, injections, surgery and often restriction from all sports. The approach now most often used by physicians treating this condition is to allow the athlete to continue to train and compete. Most young athletes with Osgood-Schlatter's disease can be treated with mild oral anti-inflammatory medications, heat and ice contrast therapy and an Osgood-Schlatter's brace to prevent direct blows or pressure on the prominence (tibial tubercle). The condition is relatively harmless and is self-limited in that it will resolve at or before skeletal maturity. An occasional residual of the condition is an enlargement of the prominence below the knee (tibial tubercle) or the development of loose bone fragments which persist after the completion of growth. In rare cases, surgery may be required after skeletal maturity to correct these residual difficulties.

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# THE EYE OF THE TIGER

*Kathy Johnson has already left her mark on USA gymnastics. As others have come and gone, Kathy has remained with vision, maturity, competitiveness, and elegance.*

In a Fort Worth press conference last June at the USGF International Invitational, Kathy Johnson referred to herself and her unique position in gymnastics as "The Eye of Tiger." Kathy had interpreted the popular song by Survivor and applied its basic theme of Inner Strength of Self to explain to reporters how she could, at age 22, continue competing in gymnastics, but more importantly how she could still continue enjoying gymnastics.

Her challenge to continue, Kathy has said, is greater today than in any of her past 10 years of gymnastics. While answering other questions, that night at Fort Worth Kathy sat with a bag of ice on the top of the arch of her foot. Not more than 15 minutes earlier she had been on the floor in the Tazewell County Convention Center winning the all-around among a top international field of competitors which included Russia's Natalya Yanushenko (1982 World Cup Co-Champion) and highly touted Alla Shustova, China's top performers at the Moscow World Championships, Na Yuhong, Wu Jie, and Chen Yingyue, and USA World Championship Team members Amy Kocourek and Sue DeLo Goodwin. Sitting beside Kathy was 14 year old Dianne Darburn. Dianne had tied for the all-around gold medal with Kathy at 28.90, having completed four powerful optional routines.

The contrasts of the art of gymnastics and of performance and personality could not have been keener than between these two co-champions.

Kathy had taken a hard but no hurt, fall in vaulting in a training session preceding the competition. Her foot was painful then which allowed her run onto the beam, causing her almost no power left the block for a Tsukahara vault. She was short on the vault and perhaps questionable for the next.

However, it is next to impossible to stop Kathy Johnson from something she has set her mind to. There have been injuries and incidents before that may have delayed Kathy, but never stopped her. As at the USOC's first National Sports Festival in Colorado Springs in 1979, she had two horrible falls in vaulting on national television. And then last year, again in Colorado in Fort Collins for the World Championships Team Trials after her floor exercise score failed in the costume play, Kathy repeated her exact



routine to finish the Trials in the last qualifying position (80th). She then went on to finish 15th in the all-around at the Moscow World Championships. In the last six years, Kathy has trained with four different coaches in Atlanta-Belcher, Ivanova — Chicago and back to Atlanta — always searching for improvement. Last week her cast on the same often injured left foot was removed and Kathy was again working hard on rehabilitation and conditioning and looking forward to training for the '83 competitive season.

In Fort Worth last June, Kathy not only fought through her minor foot injury to compete, but won the competition. She won the all-around alongside USA teammate Dianne Darburn. Dianne sat in the press conference alive and giddy, experiencing her greatest greatest competition ever as any young 14 year old would — on top of the world, all smiles, with her adrenaline still pumping at full speed. Dianne had made the competition look easy, scoring a 9.9GV, 9.8GV and two 9.5Gs in SB and FB. Kathy sat beside her — quiet, reserved, thoughtful, tired and with the bag of ice on her foot. Hard work had brought each girl this victory, but one felt that Kathy's definition and Dianne's definition of hard work were probably light years apart. If no more, at least eight years.

Kathy Johnson's hard work has fought through injury, the continuing evolution of the sport and some say even her age; it again has, and she remains one of the world's finest gymnasts in 1983 approaches.

Kathy Johnson walked into her first gymnastics gym at age 12. In the following ten years, she has captured the hearts of people from around the world with her artistic approach to the sport. At the 1978 World Championships in Strasbourg, France she won a part of the USA Teammate — Kurt Thomas won the gold medal in floor exercise final, Marvin Frederick the gold in uneven bars and Kathy won the bronze in floor exercise. She also finished eighth in the all-around, then the highest AA placement ever for an American female gymnast in either world or Olympic competition.

Kathy's USGF biographical sheet reads like a Who's Who of international and national competitors in the past seven years. She

Interview by Roe Kreitzer and Ward Black



has traveled to almost every continent — Europe, Africa, South America and Asia. A few international competition highlights include: 1977 American Cup Champion, two USA World Cup Teams, three USA World Championship Teams and 1980 USA Olympic Athlete. Kathy has been a USA National Team Member for seven years since 1976 her first year of Elite competition. In the Championships the USA won the AA Champion in 1978, runner up in '77 and '81 and fourth in '79.

Currently, Kathy is living in Decatur, Georgia and teaching, coaching and training with Tim and Sherry Cook at the Atlanta School of Gymnastics. This past fall she has given many clinics including a national lecture demonstration on balance beam at the USGF Congress held in Fort Worth. At that Congress in August, she was the co-master of ceremonies with former USA Olympic medalist Peter Kuczma.

Kathy's interview began close to a year ago, and will be run in a two part series in the USGF Gymnastics Magazine. The second part will appear in the January-February 1985 issue, and will include Kathy's thoughts on her future, about training and her concluding remarks about competition.

**At the beginning, when you first got into gymnastics, where did you receive your training and who were the people you have had an opportunity to work with? You have worked with some really good people.**

Oh, I sure have. Well, when I very first started I worked with Jack Deppner and Andy Butler, volunteer coaches at a junior high school in Indianapolis, Florida. I just went in to watch a practice with a friend actually, because her mother helped coach the team. They had me out on the floor and taught me a back handspring. These days that is kind of a not the first thing you learn. You really learn gymnastics basics. But I learned a back handspring the first day, and I have never left the sport since.

**What kind of equipment was there when you first started lessons at the junior high school?**

We had uneven bars that were cast iron with the wooden rails you had adjusted by picking it up and adjusting it. A wood beam that made a left turn about half way down. It was warped. No floor mats. We tumbled on the wood floor or put our stomp tumbling mats, but then you slipped over them when you disced. No vaulting runway, and a wooden board. We definitely did not have the best equipment, but since I didn't know any better it seemed great to me.

**We said earlier you began gymnastics at age 12. Common about these beginning years.**

I trained in Indianapolis for about a year and a half or two years before I progressed into another type of program. In the beginning though, we had never heard of compulsory. We competed, but only optionals and we competed five events, tumbling was one of the events.

Then I went to a summer camp and that was my first site of semi- and real gymnastics. I was on good equipment for the first time in a way, it spoiled me because then I had to go back to my junior high and all the tricks that I had learned at camp I couldn't do on our equipment. I had learned a hecht in the summer. I did it off our old uneven bars at home... the bars jumped up with me. When I started summer camp I had planned to stay a year. However, the coach there, Fred Martinez, talked me into staying the full summer, the full four weeks. He told my mother "she has some terrible basic habits," and he wanted to totally start me over. I was just in tears. Here I had learned all these tricks and I had gone to camp thinking I was going to learn tumbling and tumbling and all this, and instead he took me back down to the basics taught even before forward rolls. He said I had no idea of what my body was supposed to do so he taught me what I would call "pure technique." Which has been the basis of my training ever since. I always go back to what he taught me at the beginning.

Then for about a year that is all I did, I wasn't allowed to flip and twist... unless he wasn't looking, sometimes I would sneak a

flip in here or there. I finally understood what he meant. If I learn these basics and get them perfect then I could learn anything I ever wanted to do. I could learn them by myself.

I would have the know how and be able to analyze the most difficult skills imaginable and be able to break the skill down and learn them. And he was right, one key to gymnastics is basics and learning through progressions. I still go back and use all that he taught me to breakdown a skill to learn a new one or improve the skills I can already do.

**Where was it that you worked with coach Martinez at summer camp?**

That was in Atlanta. After that summer, I would come up to Atlanta once a month and work out with him for a few days, and then I would go back home to Florida. I couldn't really work out. We just went in the gym and played and did tricks and things.

At that time I started competing in the USGF system. He sent me to Sandy Phillips in Gainesville, Florida to learn the compulsory routines. I stayed there two weeks before my first meet. It was really strange. I went to the meet and people said, "You look exactly like Sandy Phillips in compulsory." She taught me the compulsories the way she would do them.

I barely qualified for the state meet, but at the state meet I qualified for regionals. I went on to regionals and my coach couldn't even go with me. He had things that kept him in Atlanta. In a way he wasn't actually my coach, I didn't train regularly with him, so my parents took me to regionals.

**When did you start thinking about training towards the Elite level of competition?**

I was 15 years old. The regionals had been a very rough competition, it really devastated me. I just had never known defeat like that. But when I came home we decided to go on and try for Elite.

Mr. Martinez said that learning the Elite compulsories might seem like it's really jumping the gun, but the Elite compulsories are more easy, especially the bars. The dance is the compulsory at that time was my strong point. So I said, "Yes, what's time?" I didn't even know what it was.

I learned the compulsories and at my first zone meet I didn't qualify, but I was very close. That kind of set my wheels, and I qualified in the next zone meet. Then I was injured for the first national qualifying meet... and then it all in my first year. I went on to the Championships of the USA and qualified there. We had a masters back then, we did I have that now. I qualified then.

Each time that I qualified it was by the skin of my teeth. I was like the next person down to the cut-off. Somehow I found my way to the 1976 Olympic Trials in my first year. All that first year I had never seen any of the top level gymnasts. They were already qualified and I just heard about them and read about them in my gymnastics magazine.

When I got to the Olympic Trials, all of a sudden there they were. I was on awe to say the least. And the time to be in awe was in the workouts or in the warm-ups. So instead of warming up and getting ready for the meet, I sat with my mouth just hanging open and looking at Kim Zmeskal and all the other people. I would be nervous and I wouldn't go because I didn't want them to look at me. So I'd say "go ahead and go."

I ended up that I didn't have a warm-up. The first day in compulsories I finished 25th and there were 25 gymnasts in the meet. Next day, in optionals I was comfortable. I had been doing them longer, and I finally settled down and realized these are real people just like everybody else. I was 3rd in optionals. And the judges are saying "Did you compete yesterday?"

Then moved me up to about 10th or 11th and I knew I was in shooting range then, which kind of scared me. An Olympic Team, what would I do if I made it? We competed compulsories a second time, and I did a little bit better job. I went down to 12th and then after the second round of optionals, I ended up around 11th or 12th.

It all came so fast. All of a sudden I was an Elite and there was no turning back. I guess I learned to handle it better than I was

handling it there at the Olympic Trials. Because the following year I won the first national, and then was chosen to compete for the USA at the American Cup at Madison Square Garden in New York City. I was riding on a cloud the whole time. I thought, this is great! This is the way it is going to be for the rest of your time, but unfortunately I was mistaken.

You won the All-Around Championship at that American Cup in 1977, and later on finished second at the Championships of the USA and won floor exercise. In the fall of '77, you were named the Gymnast of the Year at the UNGF Congress in Memphis. How were you mistaken?

You are going to have hard times just like everybody else. It was right after the Olympic Trials that Ford Maroney moved to Colorado, and we had felt that was too far for me to go. At the Trials we had met Vinnie Edwards from Fletcher, Louisiana. Mr. Edwards talked to my parents and then said to me, "Why don't you come to our summer camp and give the place a try? See if you would like it? You'd be in a team situation."

I had never been on a team or worked out with other gymnasts. So I went out to summer camp and fell in love with the place immediately. You know, I was finally back with girls my own age; whereas before I was kind of isolated. I didn't even go to high school the last part of my junior year in order to train for the Olympic Trials. I decided to stay in Louisiana and I was there for 5 years. Mr. Edwards was right. The team idea helped me tremendously in learning to work with a team. But after 5 years there, I guess I hit more or less a stale point. For what I wanted to do in gymnastics I needed more of an individual training situation rather than a college team. To make a national team and to make a World Championship Team, you have to make it individually. Once you make the team then it's the team concept and effort. It's individual too, but your first responsibility is to concentrate on the team. I didn't really want to leave. I just wanted to stay put. I was scared that if I left, I'd just go home and quit. That wasn't what I wanted to do. Many people suggested I go to Bill Sanda in Chicago, you need brushing up on your technique and all this.

At that time I thought, right now I am not able to make decisions, so I am going to trust everybody and if they think this is the best, that's what I am going to do. I went there and trained for about seven or eight months and they were right. He was right up there in technique and the training was what I needed.

Isn't it around this time that your gymnastics took a negative turn?

I needed gymnastics training, but unfortunately at the time, emotionally and mentally I needed something else and wasn't able to get it there in Chicago. I was more or less like a stranger. I didn't know anybody, and Chicago is a different kind of place from what I am use to. After a while Bill and I sat down for a long time to talk and decided I needed to go some place where I could just learn to feel comfortable in gymnastics again and learn to love it again. I had lost my love of the sport for a while. Gymnastics had become just something I did physically. And that wasn't the way I did gymnastics. I have always done gymnastics with my heart.

When my heart is broken I might as well have a broken arm, or a foot, I couldn't do it and it was becoming worse and worse. Each day I felt like I was losing something else, and it was affecting my gymnastics physically even. I felt like I just can't do this any more.

I finally realized what I had to do was go back and get that feeling again, of why I started gymnastics. Why I dreamed about gymnastics in the first place. I decided to come back to where my roots were, back to Atlanta.

Coming home I felt really good. I was with people who knew me in the beginning and knew the spirit I had, which at the time was a little broken. I went back to Atlanta and kind of let people help me fix that. And also again, be myself. I had to get out from under everyone's. I don't want to say anybody that is a way it was. It was they were all saying what you said, she slouched, she was up, and I believed them for a while. But once I got back in the gym I



photo by KATHY KATANA

In 1978 at the World Championships in Strasbourg, France, Kathy Johnson won the bronze medal in floor exercise.

knew that I still loved gymnastics. I was just associating some bad things that had happened through the sport, not because of the sport. I had to make a decision between those and realize it wasn't gymnastics that was hurting me.

I finally came to that realization, and it wasn't an overnight thing at all. I thought I'm going to Atlanta, my problems are solved. I'm fine. But it wasn't. It was a lot of work. It was the initial across that helped it. I knew I was doing something about it, instead of just winging it there in Chicago just trying it off. Now I have been here in Atlanta for about two years with Tim and Benny Cook.

Competition. In competition, Kathy Johnson overcomes at her best. Some folks feel that your seemingly strong competitive will is your key to success. How did that develop?

My first international competition was at the end of '76, I went to South Africa. It was very good, because I had a good experience my first time out of the country. My next international competition was the American Cup and again, I had a good experience. So right off the bat, I knew this international stuff was for me. I liked it!

My first few years out of the country was not something more than I could handle, so I wasn't going to go out and meet with failure. I don't mean real failure, like in losing or anything like that, but I looked around at the gymnasts and I said, "Hey, I belong here."

I can compete with them at their level. And each time I competed the level of gymnastics got higher and higher. And so I

got better and better. I knew each time out I had to be that much better, and so again, it was a ladder, which was good for me and I am thankful for that. Most of my beginning competitions were invitations. I won the Norwegian Invitational and the NHK Cup in Japan.

I qualified for the USA World Championships Team in '78 and competed in France. Which was an extremely good experience for me. That was my first real world meet, and I looked around and said, "Hey, I belong here!" I felt like I had stuck my foot in the door, now it was just a matter of getting the rest of me in there.

You show a lot of emotional expression as a performer in competition.

I think what has really helped my gymnastics most is going through the pain and the joys and the ups and the downs. Because of gymnastics and performance of any kind of exercise, what makes a really beautiful routine is the contrast of the movements. The highs and the lows, the fasts and the slows. These big contrasts in the movement comes through experience. My brother stated at the best, I had never really thought of it, but it was after the meet in Snowmass, France when I won the bronze medal in floor exercise. He wrote me a long letter after that meet and said, "I see a probably nobody else in the world that saw this when they saw your floor routine, but what really made the routine for him was that he saw everything I had ever gone through in that one floor routine, in a minute and a half." He said, "I saw extreme pain and happiness and joy and grief all in one floor routine." When I read that letter I just broke into tears, he has seen it, he has seen through it. Because nobody ever listened to me. I always had a story in my floor routine. The story was always changing, along with my gymnastics. And he actually saw that pain in the routine. Nobody else would have described it as that. It didn't look like I was in pain, but through expressions of body movement, he could see it and it all accumulated into a performance.

When you were growing up what were your gymnastics goals for competition?

From day one I wanted to make the Olympic Team. When I started I had it in my head that I wanted to be the best that ever was. I remember that being my wish. Every time that I had a chance to make a wish that is what I would wish. I guess all little kids are like that when they start out.

You are 22 years old competing in a sport some say you are too old for. The average age of the 81 USA World Championships Team was 16, you were then 21. However, Russia's Maria Filanova is very close to your age, and many of the top Chinese girls are over 18. You have developed and maintained a very high level of competitiveness over many years, has your age and the extra years been helpful?

I remember when I was 16 and just getting started and wanted so bad to make the team and go compete. I looked around at the top-level gymnasts and they were at a point in their careers where they were getting tired. I remember thinking, gosh how can they be tired of this? They are on top, they are doing this and they are doing that and they are talking about retiring. They haven't even gone to the Olympics yet. They just made the Olympic Trials, and they can't wait until the Olympic Games are over so they can retire and rest. And I just thought, how can they feel that way.

Now I understand how they can possibly feel that way. But, there is more beyond that. It is like you have to get over the hump and all it is really is reestablishing new goals in your life, realizing there is more you can do and more to accomplish. All I can tell the younger kids is it is different now than it ever was. I have always had fun in the past, but now it is more than just fun. I am storing up memories and experiences that will be with me for the rest of my life and they are just unbelievable. You learn so much about yourself, that sometimes it is scary, realizing how much strength

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you possibly can have. I am not talking about muscular strength, I am talking about inner strength. When you can reach in and call on your reserve, when you don't think you had it. Whereas a couple of years ago I would have sworn I didn't have it and would have just said stop! Each time, out you realize you have that, and you build that inner strength and can keep going on its positive effects.

**What were your feelings about last year's World Championships in Moscow?**

I have a lot of mixed feelings about that. I overcame a lot to compete there. Making that team was about the toughest thing I ever did in my life. I had a slight back injury. It wasn't anything major. My back just decided to act up four days before the meet, the trials. I didn't work out at all. Most of it was because of my back, but then the last couple of days, it was like I had given up. I was upset with myself for giving up. But still after everything was said and done, part of me wouldn't give up. Fortunately, it was the strongest part of me. It said, there's no way you're going to throw away what you've worked so hard for and the thing you love the most. You know, because you're feeling down that last week. So all through the meet, I'd keep having to remind myself, okay it is tough, okay you're not quite ready, but you can't give up. Because if you don't make the team and you give up, then you're not going to be able to live with yourself. I knew I had to give it my all. I barely made the team. I actually didn't make the top six you know, but I knew I had a long road ahead of me before the World Championships. If they were going to compete me, it was going to be because I should, because I can offer something to the team. I had to overcome some pressure during the meet. I felt like if I passed up, then someone else should have competed, but all throughout preparing for the World Championships when it came down to it, I wouldn't have allowed the coaches to compete me in place of one of the other girls. If I knew I did not deserve to compete.

**The trials for you were very difficult. It was obvious you had trained extremely hard for Moscow. Finishing second (15th AA overall) like the Americans at World Championships, you certainly did the job there. You had many obstacles to overcome during that whole situation. Your inner strength showed during that period of time... you really had to dig down deep.**

It's those times and those obstacles that make you stronger. If you do overcome them, you're stronger next time out. Each time gets better and better. You get stronger and stronger, and you prove something to yourself. I can do this, I can handle it. Even though at the time you think there is no way in the world. I don't know how many times I told myself this is the last straw. This is the last obstacle. I cannot get over this one.

The first thing is conquering any obstacle is that first step. You've just got to plunge in it. I get better and better about doing that instead of putting it off and just saying, hey, I can't do this again. I know I can. It's just a matter of getting started.

**Last season there were many international competitors. How do you think the international climate is right now in gymnastics? You have been doing international gymnastics for a long time. How would you say it compares with what's going on in the world right now to what was going on a few years ago?**

Every meet changes just about. That is one of the things about gymnastics, as it grows. The international competition is what I strive for that to me is it [I live] to go overseas and see what the rest of the world is doing, and to see girls under the same situation that I am in, who are in intensive training, and to see how they handle situations. The trend of gymnastics — I have seen it go in all different directions for a while there. We had all the little young kids just flipping and twisting doing these daring tricks, some times scoring low because there were some terrible crashes. Then it seemed all of a sudden it was realized there was more to gymnastics than just doing a double back or a full twist doing double back, or risking my life on these things. Gymnastics is smart, and they began to get into that more and express the muscles. It is not the trick that



Photo by Jeff Kowalsky

*The grace and elegance of Katelyn's floor exercise routine has been enjoyed by audiences around the world.*

shows what you are as a person, it is not just the dance either. It is the way you carry yourself on the floor and the way you handle situations, as well as the way you dance and perform.

In other words, you are saying you feel that the world trend is coming back to elegance.

Maybe I am just saying that because I hope that is where the trend is heading. I mean, I don't want the sport to not keep growing in difficult skills and combinations that is not good either. You're get-



When Kathy left Atlanta she went to cruise for three years with George Edwards in Belcher's restaurant.

to keep evolving in that direction. But the dance, the elegance and the intimacy has to grow in proportion to that. And I think we are starting to get that back into proportion.

**AMERICAN PRAGMATISM** — *continues from p. 11*

with a gaudy and disgusting similar to that which greeted Vietnam veterans in the postwar '70s. The victims here have been eternally adored, but nobody wants their stories. They are reminders of something their countrymen would rather forget.

Mrs. Frederick won't forget. "I really didn't think it would happen," she said. "It was like buying a brick wall at 100 miles per hour. I was hungry, ready to go. For nine years I had trained, and I was stopped by a President signing a piece of paper. It was real and let the world know. I thought I was really cheated. My dream was to win a gold medal in the Olympics. I was better at 80 than I had been when I was in '78. I had twice as much confidence, was stronger and had better techniques and skills. All of the sudden, I didn't have a chance to prove it. I lost all faith in the sport as a sport."

"Mentally, I retired after the Olympics, but no one ever accepted the idea. Everyone thought I was something that would go on forever. People talked about '84, but that was five years away. I couldn't even make it two months."

**\$1,000 a Night** — Frederick participated in a few competitions after the Olympic disappointment, retired from amateur competition, then came back last winter for the pro tour. She made \$1,000 a night for 18 appearances, then quit while in St. Louis in February.

"My parents came to see that last show," she recalled. "They didn't like the idea of my stopping, but they didn't throw me out of

Reflecting over the last year and all, some really good things have happened. Good strong competitions that you have had and where the USA Team has done well. The enthusiasm the team has now towards the future seems very positive. How would you evaluate our USA National Team last year?

We have come a long way in terms of "team." For so long, when I was a member of a team it was just called a team for the sake of calling it a team. What it was, was a group of individuals doing their own thing.

Now, I think we are directing ourselves as a team, and each individual is saying, how can I best help myself and the team. That is what has made the main difference, and that has to do with the national coaches (Don Peters and Rose Kreator's) lives at the meet (Ted Elter-Nazarets), this was totally individual qualifying for the Championships of the USA, it all looked at it in a team atmosphere. When we were in beam finals, we had so many good beam routines. Gina Simone and Michelle Goodwin and myself, and I thought, hey, we're building a solid American beam team. Finally, we are building a beam team and I went up to Gina and I said "Just like Moscow" (the USA Team was still optional). You began to think not only am I competing in finals, but we're working towards something—something much greater. And when we go over and compete as a team at the World Championships or so Olympics, we're going to be as a team.

I know that when I compete for a team, it's like... well, in France, it was on beam and in the team competition. When I went on that beam for our team, you couldn't have pulled me off the beam to make me fall. I thought this is for the team and it's not just me. It is for all five of those other girls down there, it's for our country overseas competing in Europe and I didn't fail and I did a really super job. I scored 9.8 or something, and I was thrilled.

Then the next night it was for me, and I had a slip off the beam. I thought, how come I could do it for the team, but I didn't do it for me? You have this extra little bit of drive for the team and then you have to learn to make it carry over. Because you are just as important as well.

**You've been on all of the World Championship teams in the last five years. What contrasts can you draw between them?**

They have all been very different. However, they were different from my point of view, because I was different. I was coming from a different situation and a different place: rusty training and in my own maturity. I don't think the competitors were all that different, but I was. The way that I approached and evaluated each competition was very different as it went from '78 to '79 and then to '81.

the house, either. They stood behind me — questionably. Financially, it was the wrong move, but money's money, and money couldn't motivate me."

In the summer of 1982, Maria Frederick is a part-time aerobics instructor, driver's 1980 Sublim (her fifth car) and plans to attend college in the fall. She lives at home with her parents, shares and dog, Charlie. She spends a great deal of time with her boyfriend, Peter Blanchette.

"We have a trophy room at home you wouldn't believe, but it hurts to go in there because I didn't fulfill my goals. I feel like there's a gigantic, quiet cloud over my head. My father brags about me still, but not as much."

With six months of adulthood left, she knows there are things gone by that will never come again.

"The year, I noticed things at graduation time. I missed all the proms and dances and going out with the boys and the girls and all that stuff." Sounding wistful and somewhat unconvinced, she adds,

"But I also know that those people don't know the feeling of walking along the Great Wall of China, eating in Paris or going to lunch with Sarah Fawcett."

And, but true, The Wall, the Louvre and Hollywood Boulevard always will be there, but a young woman's senior prom happens only once.

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**December 3-5**  
Four Continents Skiyards Championships  
Auckland, New Zealand

**December 8**  
Italy's International Championships (men & women)  
Milan, Italy

**December 10-12**  
1st Zone Meet (Zones meet can be one week earlier or later)  
TBA

**December 11-12**  
Coca-Cola International (men & women)  
London, England

**December 17-20**  
USCF Single Elimination Tournament  
Reno, Nevada

**December 20, 1982 - January 6, 1983**  
Junior National Training Camp (men)  
Colorado Springs, Colorado

**January 7**  
USA vs Japan (Junior) Men  
Colorado Springs, Colorado

**January 13-15**  
1st Zone National Qualifying (women)  
Colorado Springs, Colorado

**January 19-21**  
"International Friendship Meet" (men & women)  
Bangkok

**February 5**  
"Crusier" Fisher International  
Las Vegas, Nevada

**March 4-6**  
Grand Prix Invitational  
France

**March 5-6**  
McDonald's American Cup  
New York, City

**March 11**  
International Mixed Pairs  
Jacksonville, Florida

**March 19-20 or 26-27**  
Class 1 State Championships (women)  
Various Sites

**March 24-31**  
Junior Spring Training Camp (men)  
Colorado Springs, Colorado

**March 26**  
USA vs France — Dual Meet (men & women)  
Mantes, France

**April 1**  
USA vs Canada (Junior) Men  
Colorado Springs, Colorado

**April 7-9**  
NCAA Women's Championships  
Salt Lake City, Utah  
NCAA Men's Championships  
State College, Pennsylvania

**April 15-17**  
Class 1 Regional Championships  
Various Sites

**April 16**  
"Everold" Cup  
Eugene, Oregon

**April 21-23**  
"USA vs USSR Dual Meet" (men & women)  
Los Angeles, California

**April 23-24**  
Board of Directors Meeting  
Fort Worth, Texas

**April 29-30**  
Class 1 Eastern/Western Championships  
Various Sites

**April 29-30**  
World University Games Trials (women)  
"Colorado Springs, Colorado

**May 1-7**  
Hypoc Games  
Tel Aviv, Israel

**May 6-7**  
"USA vs China" (men & women)  
Northern California

**May 12-14**  
Junior Olympic Nationals (women)  
"Colorado Springs, Colorado

**May 13-14**  
USMF Men's State Tournament  
TBA

**May 19-21**  
2nd Elite National Qualifying (women)  
"Colorado Springs, Colorado

**June 2-5**  
Ennio Gold Cup  
The Hague, Holland

**June 5-6**  
McDonald's Championships of the USA  
(men & women)  
Chicago, Illinois

**June 25-27**  
USCF Junior Olympics (men)  
Eugene, Oregon

**June 24 - July 1**  
National Sports Festival (men & women)  
Colorado Springs, Colorado

**June 27 - July 3**  
Junior Summer Training Camp (men)  
Portland, Oregon

**July 4 - August 1**  
Senior Training Camp (men)  
Colorado Springs, Colorado

**July 3-11**  
World University Games (men & women)  
Edmonton, Alberta, Canada

**July 16-22**  
Junior Development Camp  
Colorado Springs, Colorado

**July 23-30**  
\*\*World Championship Trials Trials  
(women)  
TBA

TBA — To Be Announced

\*Unlikely, either because of sanction agreements or television negotiations  
\*\*The World Championship Trials times and dates will be finalized pending television negotiations or sponsor guarantees

**August 14-27**  
Pan American Games (men & women)  
Caracas, Venezuela

**August 25-28**  
USA International Gymnastics Invitational  
(men & women)  
Los Angeles, California

**September 16-17**  
\*\*World Championship Trials Trials (men)  
TBA

**October 6-9**  
USGF Coaches Congress  
Washington, D.C. area

**October 14-15**  
Pec World Championship Dual meet  
TBA (Western Europe)

**October 23-30**  
World Championships  
Budapest, Hungary

**November 2-10**  
FIG Congress  
Brussels, France

**November 10-13**  
Reynold World Championship  
Strasbourg, France

**December — TBA**  
USCF Single Elimination Tournament  
Reno, Nevada

**December — TBA**  
1st Zone Meets  
Reno, Nevada

**January 1984 — TBA**  
1st Elite Qualifying Meet  
TBA

**March 3-6**  
McDonald's American Cup

**March 9**  
"International Mixed Pairs

**April — TBA**  
NCAA Men's Championships  
Los Angeles, CA  
NCAA Women's Championships  
TBA

**April — TBA**  
2nd Elite Qualifying Meet

**May 17-19**  
McDonald's Championships of the USA  
(men & women)  
TBA

**June 15-16**  
Olympic Trials  
TBA

**July 28**  
OPENING CEREMONIES — 1984 Olympic Games  
Los Angeles, California

**July 29 - August 5**  
Olympic Gymnastics Competition  
Paley Pavilion, UCLA Campus

**USGF ATHLETES' FOUNDATION**

#### A. DETERMINATION OF THE INITIAL STATE

Because of the nature of the American system, athletes often must have opportunities to compete overseas to perform at events for international teams. Inasmuch as the Federation of International Gymnastics (FIG) the United States Olympic Committee (USOC) guidelines permit the payment of money to an athlete through his or her National Federation, and only with certain definite guidelines the purpose of this policy is to establish procedures for the payment of money to an athlete.

## E. THE TWO PORTION OF ADULTHEISM (THE — ADULTHEISM)

- A. Dynamically created for competitions by their respective affiliated federations must be consistent according to the IFG rules and the relevant rules of the international Olympic Committee (Rule 26)
- B. They may accept all stated in the respective rules of the IOC, (Rule 26) and A) live in a limited period according to the Technical Regulations of the IFG
- C. A competition they accept prior to a statement issued by the Executive Committee of the IFG
- D. Publicity restrictions are governed by special regulations of the IFG for the Olympic Games and World Championships. It is necessary comply with the rules of the IOC (Rule 26)
- E. Rules governing taking part in a competition in combination events for which he is not yet immediately listed as he has no prior status. If he is the participant in a competition of a category with professional guarantee he is not self-listed, unless he has not been listed as a professional athlete in the last year.

EL THE ARABIAN RULES OF THE INTERNATIONAL OLYMPIC COMMITTEE (IOC) for boys on Article 363

- A competitor may:
  1. be a physical education or sports teacher who gives discretionary instruction;
  2. accept during the period of preparation and actual competition which shall be limited to the rules of each International Federation:
    - a. Assistance administered through life in the National Olympic Committee or National Federation in case of financial hardship, such as discretionary pocket money to cover incidental expenses, the expenses for insurance coverage in respect to accidents, illness, personal property and disability; the purchase of personal sports equipment and clothing, the use of medical treatment, physiotherapy and authorized coaches;
    - b. Compensation — authorized by his or her National Olympic Committee or National Federation in case of absence to cover financial loss resulting from his or her absence from work in his or her occupation, or from his or her omission or participation in the Olympic Games and International sports competitions. In these circumstances, such payment made under this provision not exceed the sum which a competitor would have earned in his or her work in the same periods. The sum payable may be paid with the approval of the National Federations or the National Olympic Committees in their discretion.
- B. A competitor must not:
  1. be or have ever been a professional athlete in any sport; be named in a contract of that kind and pursue the official activities of the Olympic Games;

IV UNITED STATES OLYMPIC COMMITTEES FOR  
THE OLYMPIC GAMES

- A. The United States Olympic Committee allows that the rules for advertising for a National Governing Body are governed by the International Federation in that sport (IFEC) and IOC. As a consequence, the above rules are the sole guidelines available to the United States Olympic Committee for determination of eligibility.
- B. Pursuant to the dictates of the International Olympic Committee Rule 26 (see above), a competitive event requires legitimate existing exposure to keep its sponsors as governed by the National Governing Body. The activity of any cash flow is to be provided by the National Governing Body. It is also to protect the eligibility of the individual athlete. No athlete may under any circumstance have altered his or her person, name or picture in sports publications to be used for advertising with one sole exception, that exception being compensation from the IOC, U.S. Olympic Committee, the U.S. Government, or the U.S. Postal Service for the promotion of international Olympians. Notwithstanding such sponsorship arrangements that might exist.
- C. If the athlete or the athlete's coach makes an independent arrangement allowing use of his or her sports performance skillfully for another individual is forbidden at this time.
- D. It is the understanding between the athletes and the USOC Athlete Board.

## \* LONG-TERM ATTITUDE EVALUATION

- In order to come into compliance with the decision of the present organization (i.e. the International Olympic Committee, the International Gymnastics Federation, the United States Olympic Committee) the United States Gymnastics Federation has established an athletes' foundation to prevent the financial activity involving income generated by athletes through activities which have been approved by the International Olympic Committee. These activities may include, but are not limited to, exhibitions for which an athlete is paid; use of athlete's name, photograph or personal appearance to publicize a competition or exhibition appearance; a television talk show, in studio, or other pre-performance in stage shows for pay in a gymnastic contest, head vaulting drills for training use on behalf of an athlete; and the athlete's carrying posters for a sponsor, or appearing in photographic materials in an office or other similar sources of revenues.

#### B. *Formaldehyde: Toxicity, Hazards*

Training expenses which are allowable for the athlete to withdraw from the USGF Athletes' Expenditure include the following:

1. Full compensation for travel or training and to competition sites by train, car or other means of transportation.
  2. Full reimbursement for accommodations during training and competition.
  3. Pocket money and petty expenses related to participation in USGF-sponsored and related events.
  4. Compensation for loss of income during periods of training and competition. This amount must not exceed the sum which the competition would have earned in the same period.
  5. Social Security—including insurance also covering accidents or injury in connection with training or competition.
  6. Stipendships.
  7. Gymnastics related coaching and mentoring fees.
  8. Gymnastics related equipment and apparel.
- The USGF Athletes Foundation may reserve funds to provide a **COMPENSATION** education and future career after retirement from active amateur gymnastics competition. The greatest loss no legal claims in these funds which shall be determined only according to the judgment of the Athletes Foundation or the USGF in their sole discretion. **Release** competition.

An audit of the USOP Addresser Foundation will be conducted annually by an independent auditor in conjunction with the annual organizational audit. Information will be made available upon request to the International Olympic Committee, the International Gymnastics Federation or the United States Olympic Committee.

### E. Procedures for Using the LMF Address Form

1. Upon being unexcused about the potential for a relationship with a commercial endorser which will yield remuneration to the athlete, the athlete or his parents or legal guardian should consider as violating the University Discipline of the United States Gymnastics Federation's Guideline, as an individual is possible the arrangement.
2. The Executive Director will acknowledge receipt of the letter and send a copy of this policy to the parent as additional guidelines for payments for media for the United States Gymnastics Federation by the commercial entity.
3. When the athlete is in need of legitimate training expenses as outlined in Article 20 of the regulations should be made by writing for the necessary desired funds. Funds can be withdrawn either in advance of the payment for which they are needed or as a reimbursement when the bill is pay. In any case, the athlete should submit a receipt for all of these funds made on each within 30 days of expenditure to the Director of Finance for the United States Gymnastics Federation as substantiation for legitimacy for the claim.
4. At the end of the athlete's career a declaration from the athlete if 21 years of age or older, or from the parent or legal guardian if younger than 21 years of age, must be submitted from someone affiliated

continued on page 56



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## USGF GYMNASIQUES FOUNDATION continued

office. Upon receipt of the proclamation of retirement, the Executive Director will authorize the payment of the balance of any funds remaining in the subject's Foundation in the name of that athlete to be forwarded to the athlete.

### 2. Disqualification

1. A candidate, chosen from the Board of Directors of the United States Gymnastics Federation, will be appointed to oversee the activity of the subject's athlete's Foundation and compliance on the part of the athlete in the USGF.
2. If it has been determined that a violation of the eligibility statutes of the USGF, USOC, FIG or USAF has taken place, the athlete will be notified in writing and summoned to a hearing to review the situation. Decisions regarding the alleged violation. The athlete may be represented by legal counsel according to the Amateur Sports Act of 1978.
3. If it is found by the Executive Committee or their designated sub-committee that a violation has indeed occurred, a penalty will be assessed to the athlete ranging from suspension from competition to revocation of the right to compete as an amateur depending on the severity of the violation.

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## RHYTHMIC GYMNASIQUES —1984 OLYMPIC GAMES SELECTION PROCEDURE

### 1. QUALIFICATION

1. Qualification to the National Championships is through State and Regional Championships events.
2. The 1983 World Championships (individual event) participants will gain an automatic berth to the National Championships.
3. Based on the All Around results from 1984 Rhythmic Gymnastics National Championships, in that order the top eight (8) gymnasts will qualify to the Final Trials.
4. The 1984 Rhythmic Gymnastics National Championships will take place in the spring of 1984.
5. Positions to enter the Final Trials will be accepted with regard to injury or representing the USA in an international competition during the same time period as the National Championships. Positions are limited to the top two (2) internationally ranked gymnasts only.

### 2. FINAL TRIALS

1. The Final Trials will take place in June, 1984.

2. Competition at the Trials will be All Around Competition.

### 3. TRIAL SELECTION

1. The All Around score from the National Championships will count 40% and the All Around score from the Trials will count 60% in determining an individual's overall final placing.
2. Based on the combined total All Around scores from the National Championships and the Trials (as stipulated above), the top three (3) gymnasts will qualify to be selected to attend the Olympic Games Training Camp.
3. The overall rank order after the Trials may be changed to the selection of the team of five (5) gymnasts who will compete in the Olympic Games under the following conditions:
  1. Injury affecting performance.
  2. Failure to train and observe training rules concerning diet, weight gain, rest, practice schedules and work out as required by the host coach and staff.
  3. Changes in position on the team will be subject to the approval of the Olympic Gymnastics International Program Committee.
4. The 1984 Junior Olympic Games will take place from July 28-August 12, in Los Angeles, California.

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# WOMEN'S ARTISTIC GYMNASTICS —1983 WORLD UNIVERSITY GAMES SELECTION PROCEDURE

## 1. Qualification

A. In order to compete in the World University Games (WUG) Trials, the collegiate gymnasts must be registered as a full time student in the 1982-83 NCAA competitive season, she must compete the NCAA season, and compete NCAA Championships.

B. NCAA Championships are scheduled for April 8-9, 1983 at the University of Utah, Salt Lake City Utah.

C. Gymnasts will advance to the Final Trials based on the following:

- Top ten (10) Division I gymnasts in rank order based on the 1982 NCAA Championships.
- Up to ten (10) "wild card" gymnasts from any collegiate program by petition. This includes:
  - Gymnasts from NCAA Division II and III.
  - Gymnasts from National Association of Intercollegiate Athletics (NAIA).
  - Gymnasts from National Junior College Athletic Association (NJCAA).

4. 1982-83 graduate students who are no longer eligible for the NCAA.

5. NCAA Division II and III (NJCAA and NAIA gymnasts' scores will be derived from their AA score in their respective 1982 Championships.

6. Graduates and gymnasts who do not compete in a collegiate program must derive their scores from the USGF 1st Zone Qualifying Meet and the USGF 1st Elite National Qualifying Meet.

a. The 1st Zone Meets will be held in each region on the weekends of December 3-4, 10-11, or 17-18, 1982.

b. The 1st Elite National Qualifying Meet will be held in Colorado Springs, Colorado on January 13-15, 1983.

C. Gymnasts entering these events must submit qualifying scores for the purpose of deriving a score for the WUG Trials must derive so on their own merit basis. These prospective gymnasts will compete optional exercises only.

7. Gymnasts invited on all during the NCAA Championships by category receive a free spot score.

6. All petition must be equal to or better than the 1982 1983 place AA score from the NCAA Division I Championships.

7. Petition to participate in the Trials will be considered based on the gymnast's most recent past performance, i.e. prove call before national team training or international ranking. The decision will be made by the USAF WUG Committee for Women.

8. In the event that there are insufficient petition to fill up to 15 (fifteen) positions based on the AA scores from NCAA Division I Championships, the seven gymnasts in rank order will be invited to complete athletes (10)-places.

9. Wild petition may fill the entry up to a maximum of twenty (20) competitors.

## E. Final Trials

A. Dates (14) Twenty (20) gymnasts as selected above will qualify in the Final Trials.

B. The Trials are scheduled for April 29-30, 1983 at the USGF Training Center in Colorado Springs, Colorado.

C. Competition at the Trials will be optional All Around Competition.

## III. Team Selection

A. The USA WUG team will be composed of the top six (six) placing gymnasts at the Trials, based on the All Around results in rank order.

B. A gymnast on the USA WUG team will be replaced only due to injury or non compliance with WUG/USGF competitive and training regulations.

# WOMEN'S ARTISTIC GYMNASTICS —1983 PAN AMERICAN GAMES SELECTION PROCEDURE

## 1. QUALIFICATION

A. Qualification to the Championships of the USA is through the 1st or 2nd elite national qualifying events.

1. The 1st National Elite Qualifying Meet is scheduled for January 12-15, 1983 at the Olympic Training Center in Colorado Springs, Colorado.

2. The 2nd National Elite Qualifying Meet is scheduled for May 15-21, at the Olympic Training Center in Colorado Springs, Colorado.

B. Based on the All Around Results from the 1983 Championships of the USA (combined compulsory and optional total), the top twenty (20)

Junior gymnasts will qualify to the Final Trials.

C. The 1983 Championships of the USA will take place on June 4, 5, 6 in Chicago Illinois.

D. Petition to enter the Trials will be accepted with regard to injury illness, or representing the USA in an international competition during the same time period as Championships of the USA.

## E. FINAL TRIALS

A. Competition at the Trials will be AA (compulsory exercises on the first day; AA optional exercises on the second day). Final scores from the Trials competition will be determined from the combined total score of the eight (8) coaches.

## III. TEAM SELECTION

A. The all around scores from the Championships of the USA will count 40% and the All Around scores from the Trials will count 60%. Final scoring in individual events final placing for the Pan American team selection.

B. Based on the combined total All Around Scores from Championships of the USA and the Trials (as explained above) seven (7) athletes in rank order will be invited to participate in the Pan American Games.

C. Reserve reserve gymnasts will be selected. However, they will not attend the Pan American Games.

D. Replacement of a team member will occur only due to serious injury.

## IV. TEAM TRAINING

A. Training camp will be required for the team members.

B. The Pan American Compulsory exercises will be completed at the Pan American Games.

C. The Pan American Games will take place in Caracas, Venezuela from the 14-20 of August, 1983.

D. Preparing comprehensive reports of the activities and experiences of the U.S. team during the coach's tenure.

## IV. THE TEAM TABLE FOR THE SELECTION PROCESS IS FOLLOWS:

A. All applications must be received in the USGF Office by February 1, 1983.

B. The reviewing process will be completed by February 15, 1983.

C. Applications are to be sent to: Rocky Hill National Women's Program Coordinating Secretary  
International Gymnastics Federation  
P.O. Box 7080  
Fort Worth, Texas 76114

# THE 1983 USA PAN AMERICAN GAMES WOMEN'S TEAM COACH

1. The length of service will be for the 1983 Pan American Games period.

A. The 1983 Pan American Games Trials will take place in July, 1983.

B. The Pan American Games will take place from August 14-20, 1983 in Caracas, Venezuela.

2. The main responsibilities will include serving as head coach at the Pan American Games training camp and the Pan American Games.

3. Additional responsibilities will include:

- Choosing an assistant coach with the approval of the USGF Women's International Program Committee.
- Overseeing uniforms and personal equipment

selection and fitting in cooperation with the USGF office.

C. Maintaining regular contact with the athletes in order to establish rapport and awareness of mental and physical well being.

D. Maintaining regular contact with the National Women's Program Coordinating Secretary (Rocky Hill) and the USGF Office.

E. Following USGF rules and regulations with regard to the conduct of the team members.

F. Making recommendations to the WPC and the USGF office with regard to team preparation and event relative to the Pan American Games and training camp.

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## THE WINDS OF POLITICS



Photo by Jeffery M. Smith

**T**wo philosophies this magazine subscribes to include placing our primary focal point on photography and all which that are: economics, and in our overall coverage of the sport of gymnastics to try and point out the trends which are continually evolving. These trends include a wide scope from competitive strategies to routine composition and from sports medicine to safety and even to related fashion in our advertisements.

For this issue, I wrote Coach Jon Howard at the University of Nebraska to ask him if he would write an article about the new U.S. Elite Coaches Association for Men (CA-M) for the magazine's department covering USGF Member Associations and their activities. It was only after the letter was mailed, did I think to ask if CA-M had been voted onto the USGF Board of Directors at their semi-annual meeting held this time in Indianapolis in early October. Surely the coaches whose gymnasts make up the USA National Team and who are clearly the most concerned with men's program direction and U.S. competitiveness in the international arena would receive recognition and a vote on the USGF Board. I took it for granted, failing to notice the trends and the winds of politics... for the playing the game of politics is all this move can be interpreted as. It makes little sense to subscribe to the "good ol' boy" theory and make the CA-M "pay their dues"... the sport is evolving too fast. These men are the USGF when it comes to the USA National Men's Team. To not allow the coaches better representation was unthinkable to me.

After all, the Board set its own precedent exactly one year ago when they voted approval for the U.S. Elite Coaches Association for Women. A move that was long overdue then.

It is important not to confuse politics and bureaucratic machinery because like most all free world institutions, the USGF does operate under the democratic process. Robust Rules of Order in this case. And as pointed out in the By-Laws of the USGF Constitution, the CA-M had in the proper time-frame submitted their application to the Board, who accepted it and thus sent their application to committee for review and recommendation.

When I spoke with Coach Howard about my mis-constructed letter, he talked about the confusing array of the Board meeting and of the rejection of the Men's Coaches. The USGF Membership Committee had in fact approved of their application and had recommended acceptance, but during the full Board meeting agenda discussion on membership, that not one committee member rose to speak in defense of the Membership Committee's positive recommendation. Following, there was a call for a vote, and the U.S. Elite Coaches Association for Men was not approved for membership in the USGF indeed.

One argument in defense of such a vote could be that these men could, in fact, be "double-dipping" into votes, citing that they were already represented by the National Association of College Gymnastics Coaches for Men (NACGC-M). However, only those unaware of the trends evolving in men's gymnastics and especially so in the NCAA could make such a statement. The NCAA coaches have for years been the backbone of men's national and international gymnastics, until recently. Faced with economic extinction, the NACGC-M (by accepting NCAA rule mandates) were forced to turn their backs on progressive U.S.

international competition as they have continued to de-emphasize compulsory in the past few years. And fails aware of the trends of competitive strategies for international competition realize how important compulsories are. Those aware also realize that only an emphasis in competition for compulsories will then guarantee its important inclusion into developmental training at all levels of the sport as well.

No, the men were not double-dipping. The sport — inside the cause and effect of world economics — is evolving for the men. Whereas, the NACGC-M being directly affected by the direction of the NCAA, does not sufficiently today represent the best interests of the international athletes. As mandated by the U.S. Congress and the Amateur Sports Act of 1978, the USGF, as the internationally and nationally recognized National Governing Body of Gymnastics is solely responsible to coordinate all international efforts including competition and program direction. Having such a tall position, the current USGF structure must allow for full representation of all responsible organizations who wish to have a voice in USGF direction and policy.

The U.S. Elite Coaches Association for Men is a group of dedicated and hard working men asking to represent their niche in the gymnastics community. Many are collegiate teachers as well as coaches, while others are businessmen/coaches in private clubs. They are not politicians or bureaucrats in retrospect, this is obvious by example of the two potential political biases made just prior to the USGF Board Meeting.

First, the CA-M sent a letter to the National Association of Gymnastics Judges agreeing with the world-wide talk that international competitions staged in the US were taking on quite a "home-court advantage", as it were. The letter also emphasized the need for a greater harmony in direction between coaches and judges, to continue on in a progressive manner. The CA-M did not endorse itself to those voting representatives on the USGF Board of the judging community. The letter was effective, the timing was wrong... bad politics.

Secondly, the Junior Boys Gymnastics Coaches Association also applied for recognition at the same Board meeting. Again, right idea — wrong timing. Obviously, the USGF Board Members appeared scared enough to cast a negative vote by either a show of force by "coaches" or by "men" or both. Which ever, the junior coaches should have waited until spring.

The need for directional input by the CA-M seems paramount. Hopefully, the CA-M will continue their efforts.

The CA-M situation highlights another emerging potential issue for the Board of Directors. Namely, that of the continual fracturing of the gymnastics community into a multitude of associations, and more importantly the directions these (often different) associations through their own Board representatives are guiding the sport towards. For example, how many different coaches associations are needed? Today four are on the USGF Board, (NACGC Men, NACGC Women, US Elite Coaches Women and National High School Coaches Association) with the possibility of an additional two more (US Elite Coaches — Men and Junior Boys Gymnastics Coaches). A re-evaluation of the current decision making apparatus could be beneficial. In researching the structure of many other amateur/Olympic sports, it appears that bureaucratic processes are less cumbersome, streamlined in comparison and perhaps more efficient.

This political animal gets boring to deal with at times, especially when it seems tainted by a lack of progressive direction but since it is a reality... then let's get on with it. If "politics" is "the game" then those who wish to play should stick to the Soviets and the eastern block and the FIG, and leave the athletes and the children alone and free of the decisions based solely upon political/personal maneuvering.

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